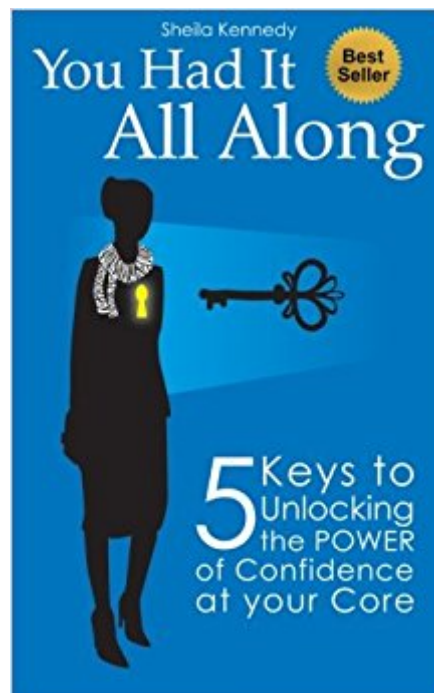




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You Had It All Along: 5 Keys To Unlocking The Power Of Confidence At Your Core



Synopsis

You Had It All Along is the catalyst you have been waiting for to finally release the powerful confidence found deep in your core. Sheila Kennedy outlines five keys vital to unlocking an unshakable faith in yourself that will launch you into a life filled with contentment, meaning and success.

Book Information

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Customer Reviews

Sheila Kennedy seemed to have it all, until she found herself the divorced mother of a teenager daughter struggling to make a living. Armed with strong faith and confidence at her core, she built a new life for herself. She credits the removal of her mask of false confidence as the catalyst for success in her coaching practice, the J29Project. Sheila began the J29 Project (www.j29project.com) to inspire and coach women with the skills and strategies she used to develop confidence at her core. Her signature P.O.W.E.R. Process is the foundation for helping women to live the life they deserve. Confidence Coach, Speaker and Co-author of the Best Selling book, *Wounded? Survive! Thrive!!! 101 Women's Journeys from Torment to Triumph*, Sheila is an advocate for women achieving an unshakable faith in themselves and all of the amazing opportunities that confidence can bring.

As a loving father of a beautiful 5 year old daughter, I've always felt it my responsibility to ensure that my daughter grow up with self-esteem and confidence. All too often, females have the unfortunate circumstances of being brought up in environments that do NOT reinforce their self-worth which results in the lack of confidence. To the contrary, it is all-too-common that young

girls and women grow up with outside influences that cause them to question themselves. It is sad, yet true. As such, I'm glad that Sheila has taken it upon herself to be the voice of many. To take a stand for the many women who may have forgotten their meaning, their place, their spot in this world. This concise yet compelling book is eye-opening and provides 5 (simple) KEYS to unlocking your P.O.W.E.R.: Personal Inventory, Open Communication, Well-Drawn Boundaries, Environments, and Reframing Your Choices. If you've ever sought to unlock the power of your own confidence, then this book is a good start!

Sheila Kennedy's book *You Had It All Along* is a must read for women of all ages! She gets to the core of women's fake it til you make it syndrome and wearing false mask. She gives you a strategic plan to turn your weakness into strength.. She gives you the tools to CELEBRATE & make CHOICES for YOURSELF as she did! Sheila's motto for faith and to her readers is Jeremiah 29:11 "For I know the plans I have for you, declared the Lord. "Plans to prosper you and not to harm you. AMEN & HALLELUJAH!!!

This book takes you on a journey of self-exploration and in the process helps you find hidden strengths that can be put into action immediately. The Five Keys of Power and their associated exercises are a valuable tool to help you gain clarity and a new perspective. A highly recommended addition to your self-development library!

As someone who believes, by taking the journey in my own life, you are your own best resourcefulness. Sheilas' book leads you on an undeniable path to that sacred place of self recognition. If you want to live by choice vs chance here is your clear, focused direction to get there. Save yourself the energy, time and pain of taking the journey alone and let this well written guide walk beside you to becoming Your Best You!

Sheila Kennedy gives each of us a gentle but firm slap upside the head to remind us we must smash the masks of who we 'should be' that others have given us. We need to gather all our self-confidence and self-esteem that lies deep within us to live our lives authentically. Only then, will each of us find true happiness and joy!

This book encompasses the very essence of not letting society or circumstances steal the heart or desires of the person. Through the example of her own life, Sheila shows men and women that

faith, confidence and perseverance can overcome any obstacle. A clear and concise guide to unleashing potential and following dreams. A truly great author has emerged.

Throughout our history women have needed confidence boosters! Stripping away the mask and being who we truly are and with confidence. Sheila Kennedy's "You Had It All Along" sets the stage so beautifully and gives you the tools to find the power of confidence at your core. The true essence of you. I love this book and would recommend it to anyone.

I loved that Sheila helps you see the confidence within each of us. Using the 5 Keys, everyone can! Thank you Sheila!

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