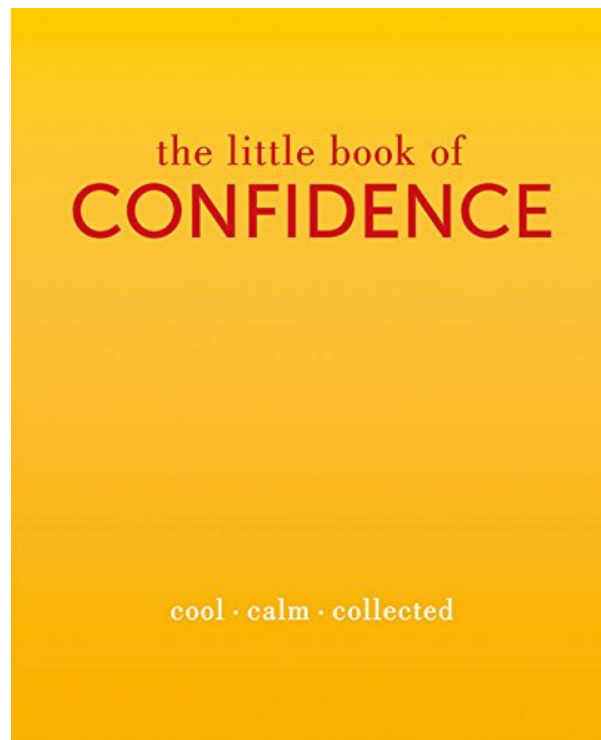


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About the Author

Tiddy Rowan has traveled extensively in her career producing television commercials, followed by working in the art market and researching and writing books. In the 1970s she practiced meditation and yoga for the first time and has been studying techniques, beliefs, and related philosophies ever since. Her interest in mindfulness has led to practicing it and also researching the fusion of its Western and Eastern roots. Her previous books include The Little Book of Mindfulness, which has sold over 300,000 copies worldwide, The Little Book of Love, and The Little Book of Quiet both published by Quadrille.

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There must be few people who have never felt a lack of self-confidence or heightened self-awareness when going to a party, meeting, or social occasion. Reading this book will help transform a wallflower into a sunflower. The Little Book of Confidence shows us how to challenge our preconceived notions about confidence. Through tips, quotes, and practical exercises we can learn how to restore or improve positive faith in ourselves through heightened levels of competence, compassion, and self-awareness.

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