



Strip Off Your Fear: Radiate the Confidence Within

Betsy Talbot

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"This book is an anthem for all women who are tired of hiding their light behind the expectations, opinions and stereotypes of others." ~ Maria Ross, Creator of Red Slice and author of *Rebooting My Brain: How a Freak Aneurysm Reframed My Life*

Author Betsy Talbot reveals how uncovering your core beliefs, desires, and talents will radiate confidence in everything you do.

You'll learn:

- *Why people aren't thinking about you as often as you think they are
- *How eliminating the phrase, "I don't know, what do you want to do?" will transform your life
- *When to appreciate critical feedback and when to ignore it completely
- *Who to allow into your life (thanks to your bouncer and a red velvet rope)
- *Why perfection is always your enemy and should be avoided like the plague
- *How living in the past will wreck your present

This book will help you reframe the way you think about confidence, fear, and the path between the two.

Strip Off Your Fear: Radiate the Confidence Within Details

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Author : Betsy Talbot

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Leena says

I ended up disliking this book quite a bit. The author is brash and abrasive and I got quickly tired of her repeating her own adventures and rebelliousness. Not to mention the constant references to various celebrities. Who cares and *yawn*. I don't think I learned anything except to stay away from people who carry their individuality on their sleeve THAT desperately.

Jacy Hahn says

Will go back to this book again to review and use some of the information.

Michelle Mazur says

This book is thought-provoking, bare, raw, and revealing. I love how Betsy relates her own story to us, and every woman will be able to see a part of herself in this book. The exercise are invaluable in helping you figure out how to strip-off your fear.

Maria Miaoulis says

Although a tad repetitive, I like how the author uses her life experiences with the metaphor of the stage to break down the discussion into digestible parts. If you're not left feeling inspired to start speaking your mind less fearfully going forward, then reread the book until you finally come to this realization.

Joan says

At first I felt a little old to be reading this book. I am 64. The more I read I realized you are never too old to be told or reminded that one needs to be authentic. This book was a good reminder on how to become that authentic self I have been striving for years to become. Yes I did say reminder. I didn't feel there was anything new in this book but she had an interesting way of making her point. I could see myself rereading parts of the book now and again.

Heather says

This is the first self-help book I have finished. It was funny and also helped me shift my perspectives on some important aspects.

Sandy Choate says

Good Girl Gets Naked But Not All Applies

Overall the book was good. A lot of euphemisms that don't necessarily apply to me and that's okay since it wasn't written directly for me. There is a lot of good advice on how to become your authentic self.

Donna Sako says

Different

This is a different perspective of how women have avoided getting or doing what they want. The idea is that women are introspective and try not to stand out or for what they really want. Fortunately, that is not me-never has been. I had a father who raised me to believe in myself and that I was worthy and equal. For those not so lucky, this is a good read.

Kj says

There were really entertaining nuggets in this otherwise pedestrian book. Also the scary insight that some people really are That Insecure... yikes.
