

References & Recommended Reading List

- Banks, Richard (2020) *The Keys to Being Brilliantly Confident and More Assertive: A Vital Guide to Enhancing Your Communication Skills, Getting Rid of Anxiety, and Building Assertiveness.*
- Carnegie, Dale (2017) *How to Develop Self-Confidence and Influence People by Public Speaking.*
- Harris, Russ (2011) *The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt (1 ed.).*
- Potts, Conrad., Potts, Suzanne (2013) *Assertiveness: How to Be Strong in Every Situation (1 ed.).*
- Tawwab, Nedra Glover (2021) *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself.*
- Tracy, Brian (2012) *The Power of Self-Confidence: Become Unstoppable, Irresistible, and Unafraid in Every Area of Your Life (1 ed.).*