



# The 8 Minute Guts Builder: A Portable Coach to Pump Up Your Courage

*Karen Salmansohn*

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## **The 8 Minute Guts Builder: A Portable Coach to Pump Up Your Courage** Karen Salmansohn

Ever wish you had stronger guts so you could confidently turn over a new leaf, pick up that phone, or step up on that soap box? Well, now you can, and in just 8 speedy minutes! Self-confidence expert Karen Salmansohn leads you through fourteen easy exercises that include: SITTING UP and making a list of why you want what you want; BUT KICKS, because butts don't belong in your life; EXPECTATION LIFTS to build up your winner, and not your whiner, muscles; LYING STILL and visualizing your life's outcome, because your speedometer is clicking by more each day - are you enjoying the ride? One good workout can improve your performance in the office, at a family function, even in a bar. THE 8-MINUTE GUTS BUILDER is a fun and easy-to-use guide to improving an underdeveloped quality that is essential to every reader's happiness: confidence. Karen Salmansohn, with her witty and fresh approach to self-help, once again finds the long-overlooked key that helps readers get what they want--the fast, funny way.

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