

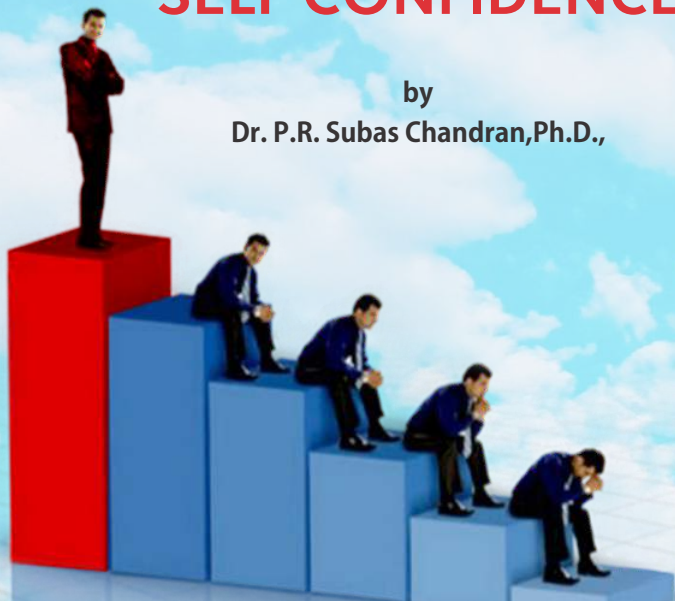


Presents

ART OF DEVELOPING SELF CONFIDENCE

by

Dr. P.R. Subas Chandran, Ph.D.,



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Art of Developing Self Confidence

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Dr. P.R. Subas Chandran, Ph.D.,

This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dr. P.R. Subas Chandran,Ph.D.,

Journalist,
Motivational Speaker,
Social Activist,
Psychologist,
Short Film Maker,
Biographer,

Fulfledged Scribe for Inspirational writing to students,
employees and every other individual of all age group.

Dedicated to

the victims of wrong parenting, lopsided society and abused system.



FROM THE AUTHOR

Art of Developing Self-Confidence (AODSC)

“எண்ணிய எண்ணியாங்கு எய்துவர் எண்ணியார்
திண்ணியர் ஆகப் பெறின்.”

[A promising victory is guaranteed to a confident approach
with determination in accomplishing a task.]

Every life on earth, including the flora and fauna, is born with self-confidence. If observed strictly, one would understand that a starving tiger never commits suicide, if it fails to get its prey on its right; but tries again and again get at it the right... What about us?

Entire universe/nature is energy. We are a product of nature which means we are a part of energy. We have an ample amount of energy to do anything and make everything possible.

Our psyche is built in such a way that we, as an ensemble, represent what we believe in. Self-confidence comes from within, which is also a form of energy that keeps us going.

This book presents how self-confidence could be enhanced. Exhibit one or leave it; if not, browse through the pages discussed precisely to develop. It revolves around how Self-belief is directly connected to an individual's social network, the activities he participates in, and what he gets, feedback, about him from others. Positive self-esteem has been linked to factors such as psychological health,



FROM THE AUTHOR

matter to others, and both body image and physical health. Great achievers like Albert Einstein, Mother Teresa and Rajini Kanth are just any human being like you and me.

Every human being has his own story and has worked hard to tide over various obstacles in life, so can you. You aren't anybody inferior to the others. You are unique and have equal potentials to achieve success.

Finally, Confidence Without Clarity is a Disaster according to Sadhguru, and I am convinced to say that 'You are what you believe' and 'You are the hell and Heaven'. Explore this 30-minutes reading, a collection of different schools of thoughts, for self-empowerment.

All the best

(Dr. P.R. Subas Chandran)



ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Prof. Jalees Ahmed Khan Tareen**, Vice-chancellor of B. S. Abdur Rahman University, Chennai, India from 2013 - 31 March 2015, Current Advisory Board Member of South Asia Foundation (SAF), India to have foreworded the Art of Developing Self Confidence vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



FOREWORD

Prof. Jalees Ahmed Khan Tareen

Vice-chancellor of B. S. Abdur Rahman University,
Chennai, India from 2013 - 31 March 2015

Current Advisory Board Member of South Asia Foundation (SAF)
India.

Foreword

Self-confidence, an inseparable episode of success or failure by and large, receives comments: "it was all self-confidence" or the lack of it". The fact is, the quantum of self-assurance, gets either enhanced by interaction or subdued with restraint. Freedom reinforces confidence to think, learn and emerge innovative without obstructions. The quintessence of triumph corresponds to the degree of grit exhibited when confronted with challenges both critical and future course determinant. Self-assertion comes not from being always right, but overwhelming the wrong.

It is my pleasure to foreword this short book, "**Art of Developing Self-confidence**", a genuine attempt to analyse the ups and downs to success and slips between the cups and the lips. **Dr. Subas** through efficacious message not only defines the personality types but motivates the young readers to novelty of success invoking anecdotes to make reading all the more interesting. I am sure the book will benefit both parents and their wards.

Prof. Jalees Ahmed Khan Tareen



About the Author



Dr. P.R. Subas Chandran is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.



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NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Art of developing self confidence



Are you Xenophobic? Have you ever broken the ice? I mean volunteered a conversation? “What withholds from having it done?” Diffidence? Low profile? Heightened egotism? Could be anything but nothing works wonder so much does the spirit of Light heartedness. You know it’s told: Laugh away your fears.

If you are someone that finds all sorts of excuses and reasons for not attaining outcomes (as I used to be) – Lame excuses! The complexes not the complexions, mind you, to be blamed. Withdrawing from the society or being a passive onlooker is a sinister sin or quite optimistically, what can be worse, you over-plan and strive for perfectionism.

When you are ready things are done for you
When the disciple is ready the leader is...

A recluse explained the meaning of the above axiom to his disciples. It so happened that a jeweller imported quite many gold biscuits to his store. The biscuits felt suffocated being thus lay showcased in the racks for months. Each was woebegone for not being cynosure; a few aspired escape; some were blame gamers of their pitiable predicament. It was a festive occasion. The jewellery was over pouring with people. Many bought the intricately designed

readymade elegant jewels. But none bothered even to count these biscuits. Then, there entered the Saviour of the slaves. A celebrity right away made her way straight to the particular sales boy with a print in her hand. She laid out her interwoven designed adornment and wanted some gold biscuits.

Initially, many gold biscuits were happy with the proposal thinking they might be of use. Over the course of the conversation, they came to know that in the process of mending the biscuit it has to be blemished; burnt; beaten out of shape and polished. Most, even preferred indoors caged within the showcase. But that weeping stuff got the opportunity as it was popping up.

The gold piece was taken to the goldsmith for refinement. The biscuit was blazed, cut to size, smothered, gnarled, whipped, squeezed, twisted and turned, submerged in cold water and finally polished. Lo and behold! The blonde biscuit turned into a fine piece of jewellery. Thus goes the fable...

After a fortnight, the owner came to claim it. When she adorned it on her vestibule, the artefact glorified its possessor. At the party, every eye was cast on the ornament irrespective of gender. Now the grim piece was the cynosure receiving everybody's attention. What does this show?

As highlighted earlier, most of us reticent, swathed in complexes; some wish to outgrow yet with restraints of every sort; but the one who ventures bold emerges successful because, he is ready to challenge his might; he knows his strengths and weaknesses; especially, the opponent's. Such are the men of demeanour, true heroes. The irony is that none realises, anybody who has the will to win, is a hero.

“ A competent mind ventures;
A confident mind adventures every venture
- Author ”



Self Confidence

Just keep asking yourself: "What is stopping me from having this now/doing this now/being this now?" Maybe, procrastination? Let's muse about it a while later.

A Diffident Personality

If your index finger points out at others, three fingers point back at you. One who negates himself branding himself good for nothing, without initiating any venture but complaining about his plight blaming the people or circumstance or the abstraction, TIME reveals only his opportunism or escapism. Such a person seeks shelter in calling on procrastination, ill luck, etc. The causes of diffidence are many. It may be due to,

- Socio-economic status
- Conservative background
- Vernacular medium of communication
- Psychological drive
- First born last born sibling prioritisation



Identify and tide over these hurdles. You will find this quickly mobilizes your behaviour towards becoming more useful. Sometimes it even helps you create alternative paths of action to help you get your outcomes more easily and effortlessly.

It is not who you are that holds you back...!

It is what you think you are not...!

What matters the most is how you see yourself ...?

Raising all the above questions on a regular basis, you'll find so many more ways you can build Self confidence, attain new levels of motivation and discover a new world of happiness. Remember also, to relax enough to allow your powerful unconscious mind to give you some useful help along the way.

It is up to you to boost your Self-confidence.

So why not do something nice for yourself today....?

Entire universe is pervaded with energy. . ! Alternatively nature is energy. We all are a product of nature which in turn means we are a part of energy.

We are the energy that is capable of doing anything and make everything possible. Our psyche is built in such a way that we as an ensemblance represent what we believe in.

Self-confidence emanating from within is also an energy of positive ions that balances and stabilises us when the negative ions generated at a greater pace causes instability during the hours of crises.

It revolves around how Self-belief is directly related to an individual's Lifeline, be it anything – Social, Political and Economic- and suggests a road map to arrive at a set goal/target.

Great achievers are just anybody like you and me. “None is born great; it’s the thinking/effort that makes one great or small”.

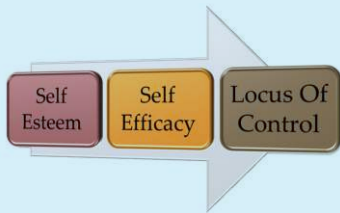
If Albert Einstein could be unbelievably intelligent, Mother Teresa could be marvelously benevolent, Leonardo De Caprio, act brilliantly and Nature can rule diligently, so can we.

Every being has his own story and has worked hard to come across different situations so have you. You are no different from the others.... though, you are unique still with equal or greater potentials to achieve success.

Self confidence is not ‘they will like me.’

Self confidence is ‘I will be fine even if they don’t.’

3 Main Things Contribute to “Self Confidence”



Self Esteem

- Confidence in one's own worth or abilities; self-respect.
- How one esteems himself?

Self Efficacy

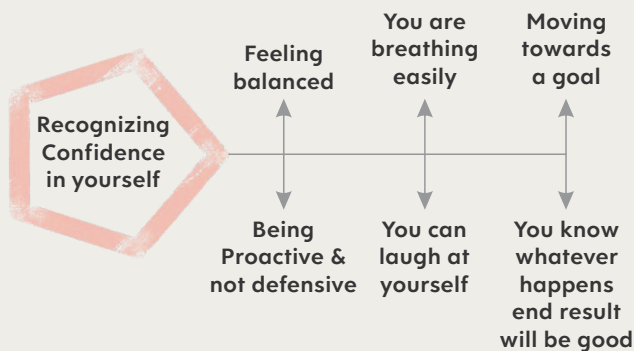
- An individual's belief that he or she will be able to accomplish a specific task.
- People with high self efficacy have a CAN – DO attitude.

Locus of Control

- The extent to which one believes that the things that happen to him are under his own or other's control.

Who runs whom? Do you run or you are made to? It is not the Law of Inertia on a static object. You are organic/dynamic. Once you shoulder the responsibility for everything you are the rising star. Let's not find fault with someone and play the most deterrent as well as the worst dangerous play called 'blame game'. Your body, mind and spirit are controlled by someone else and that XYZ takes over the charge of you through the remote control, I mean operating you influencing through your psyche you turn a slave with no confidence.

Confident people compete with themselves, because they know there are no winners and losers when you compete against yourself so you never lose. The confident person also knows that the worst that will happen is a failure and he knows he learns from his failure.



A beggar was sitting at a train station with a bowl full of pencils. A young executive passed by and dropped a dollar into the bowl, but didn't take any pencils. He then boarded the train, but just before the doors closed, the executive suddenly exited the train and went back to the beggar. He grabbed a bunch of pencils, and said, "I will take some pencils. They are priced right. After all, you are a business person and so am I," and he dashed back onto the train. Six months later, the executive attended a party. The beggar was also there, dressed in a suit and tie. The beggar recognised the executive, went up to him, and said, "probably you don't recognise me, but I remember you.' He then narrated the incident that had happened six months before. The executive said, "Now that you remind me, I do recall that you were begging. What are you doing here in a suit and tie!" The beggar replied, "You probably don't know what you did for me that day. You are the first person in my life, who instead of giving me charity, gave me back my dignity when you grabbed a bunch of pencils and said, 'They are priced right. After all you are a business person and so am I.' After you left, I started thinking to myself - what am I doing here! Why am I begging! I decided to do something constructive with my life. I packed my bag, started working and here I am. I just wanted to thank you for giving me my dignity back. That incident has changed my life."



“



WHAT changed the beggar's life? What changed was that his self-esteem went up and so did his performance. That is the magic of self-esteem. Self-esteem is the way we feel about ourselves. When we feel good the world looks nice, productivity goes up and relationships are a lot better. The reverse is just as true. Self-image is the way we see ourselves. Our opinion of ourselves critically influences everything, in every walk of life.

”

High Self- Esteem

Persons of high self-esteem feel confident, are understanding, empathetic, dare say 'yes' for all the 'no's' and seldom 'no' for the 'no's'. They are courageous; non-complainant; accommodative; optimistic; assertive; inspirational; but a rarity and an outfit most preferred yet never to let down any and all encompassing.

Low Self- Esteem

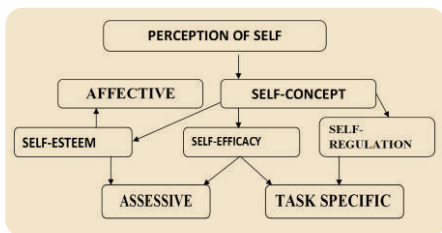
Low Self-Esteem is driven by 'fear and self-doubt.' How do we recognise low self-esteem? What are the behavioural patterns of a person with low self-esteem? The answers to all these questions are overlapping and similar. People of such a cadre are diffident, cynical, pessimistic 'blame-gamers'. They reflect their inadequacies in the others. Also, turn aggressive and adamant; delay



every decision-making wasting time in vain argument. Here are some comparative characteristics of people with high and low self-esteem:

High Self-Esteem	Low Self-Esteem
Manage change	Defensive
Solve problems	Worry about problems
Tolerate frustrations well	Frustrated easily
Talk about ideas	Talk about people
Possess caring attitude	Possess critical attitude
Show humility	Show arrogance
Respect authority	Rebel against authority
Have confidence	Have confusion
Are assertive	Are aggressive
Creative	Fearful of new & unfamiliar
Show self-interested	Are selfish
Understand others' predicament	Greedy
Discuss	Argue
Believe in self-worth	Believe in net worth only
Respect others	Look down upon others
Are givers	Are receivers

The basis of developing self concept is exhibited in agility to assess and arrive at concrete decisions; goal-specific; directional and straightforward;



Why put on a mask?

A young executive with poor self-esteem was promoted but he couldn't reconcile himself to his new office and position. There was a knock at his door. To show how important and busy he was, he picked up the receiver and asked the visitor to come in. As the man waited for the executive, the executive kept talking over the phone, nodding and saying, "No problem, I can handle that." After a few minutes he hung up and asked the visitor what he could do for him. The man replied, "Sir, I'm here to connect your phone."



What is the Message?

Why Pretend? What are we trying to prove? What do we want to accomplish? Why do we need to lie? Why look for feelings of false importance? All of these types of behavior come from insecurity and low self-esteem.

Why camouflage?

Our character can be judged by everything we do or like. Our Character is revealed by:

- The books we read.
- The music we listen to.
- The movies we watch.
- The kinds of jokes we tell or laugh at.

Every action of ours gives us away anyways, so why pretend?

Do you know what the symptoms of low self confidence are?

(I) Depression:

- Low self confidence is the underlying cause of many depressed people.
- As a result they often feel hopeless about their situation and about the future.

(ii) Eating Disorder:

- Low self confidence is the central theme in the development of eating disorder.
- Virtually all experts agree the same.

(iii) Poor Communication:

- Won't believe that he has the right to ask for what he wants.
- Unwilling to take part in discussing his opinions or ideas with people he doesn't know well or in group of people.

(iv) Absence of Joy:

- People with low self confidence always seem to be unhappy & deprived.

(v) Hypersensitivity:

- Those with low self confidence feel so inadequate they automatically think that others are laughing at them, will likely reject them and do not respect them.

Things that kill self confidence:

Negative Thoughts - Our life is built on the thoughts we think and the words we speak.

- When you engage in negative thinking it impacts your words and the actions you perform.

“You limit your selfconfidence when you indulge in negative thinking.”

Laziness - is an attitude of indifference and self abnegation,- Only those who are reluctant to themselves behave non-participatory, rather than a mental health issue. It may reflect:

- lack of self esteem,
- lack of positive recognition by others,
- lack of discipline stemming from low self-confidence, or
- lack of interest in the activity or belief in its efficacy.

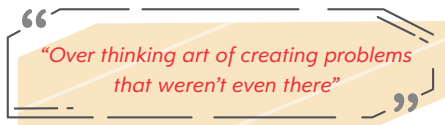
*“Laziness is a sickness to self-confidence & success.
Worry & Fear - both are enemies of self confidence.”*

- This twin attitude leaves one with a tendency to make poor decisions.
- We make choices based on fear instead of what is best for us.

“The best way to gain self confidence is to do what you are afraid to do.”

Over Thinking—it may be surprising to hear..!

- But yes over thinking ruins your self-confidence
- Ruins the situation; twists things around and makes everything worse than it actually is.



Do you know what the main reason for low self-confidence is?

“Environment and unfair comparison are the roots of all these low self confidence”.

We start forming our self-esteem, positive or negative from the day we are born. We develop feelings about ourselves that are reinforced by others.

Negative Self-Talk or Negative Auto-suggestions

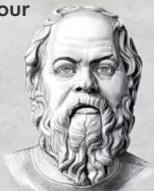
Negative self-talk is when we say to ourselves, consciously or unconsciously, statements such as:

- I have a poor memory.
- I'm not good at maths.
- I'm not an athlete.
- I'm tired.

Such statements only empower the negative by conditioning the sub-conscious mind adversely and pull us down the ladder. Very soon our minds start believing these statements and how our behavior changes accordingly. They become self-fulfilling prophecies.

Fellow citizens, why do you burn and scrape every stone to gather wealth and take so little care of your children to whom you must one day relinquish all?

- Socrates



Environment

Home — the greatest gift a parent can give his children are lineage/ roots. The best part of a family tree is the roots. Noticing a little girl's courteous and polite behavior, the teacher asked, "Who taught you to be so courteous and polite?" the girl replied, "No one. It just runs in our family."

Expensive jewels are not real gifts; they may be only apologies for gifts that we never gave. Many an occasion we buy gifts for people to compensate for not spending enough time with them. Real gifts are when you give a part of yourself.

In order for our children to turn out well, we need to spend twice and half the money. IT is less painful to learn in youth than to be ignorant as adults. Parents with high self-esteem imbue confidence and high self-esteem in their children giving them positive beliefs and values. The reverse is also true.

It is a great heritage to have honest parents. Parents who participate in crooked deals unfortunately set bad examples for their future generations.

A strong role model or mentor could be a parent, relative or teacher who is held in high regard. During their formative years, children look up to their parents and teachers as iconic figures. Even as adults, we look to our supervisors and managers as role models.

Everything within limits is ok—is it?

Many people say, Moderation is OK if within limits
Everything within limits is OK?

My question is,

- Is it really OK?
- Is cheating within limits OK?
- Is lying within limits OK?
- Is stealing within limits OK?



- Is drugs within limits OK?
- Is smoking within limits OK?
- Is adultery within limits OK?
- Is HIV within limits OK?

Some things are just not OK at all even if within limits.

Some people frequently rationalize, "I'll try a little and quit", or "I can quit anytime" or "Whenever I want." They don't realize that it always starts with the first one. Negative influences start as weak threads till they become chains too strong to be broken.

Poor Role Models

A school teacher asked a little boy what his father did for a living. The boy replied, "I'm not sure, but I guess he makes pens, pencils, light bulbs, toilet paper rolls because that is what he brings home every day in his lunch box."



Making Unfair Comparison

Another cause of low self-esteem is unfair comparisons. Unfair comparisons are not OK because they make a person feel inferior and mar the self-esteem of an individual. Fair comparisons are OK.

E.g., Quite often, parents make unfair comparisons amongst siblings e.g., How come your brother is a doctor and you are not? How come your sister is an accountant and you are not? The question is, "Should I have to be?" That's unfair. Now, what is fair? "If you studied as hard as your brother or sister, you could do just as well or even better." I consider this as a fair comparison because you are not questioning the ability of the other person.



People with high self-esteem don't compete with others; instead, they improve their own performance. They compete against themselves. They compare their performance against their capabilities or past performances.

Building Self-confidence

A young couple used to leave their daughter at a daycare center every day before going to work. As they parted company, the parents and child kissed each other's hands and then put the kisses in their pockets. All during the day when the little girl got lonely she would take out a kiss and put it on her cheek. This little routine made them feel together even though they were physically apart. What a wonderful thought..!

Children who are taught the importance of integrity during their formative years generally don't lose it. It becomes a part of their life, which is what we are looking for in any professional, whether a contractor, an attorney, an accountant, a politician, a police officer or the judge. Integrity is a lot stronger than honesty. In fact it is the foundation for honesty.

Youth are impressionable. When they see their mentors – such as parents, teachers or political leaders– cheating with pride or bragging about petty dishonesty such as stealing a towel in a hotel or cutlery from the restaurants, the following happens:

- They are disappointed.
- They lose respect for their mentors when they cut such a sorry figure in front of them.
- They try to overpower them

How can you compare an incomparable, when two identical twin born to a mother are certainly unique and entirely different?



Antidote: Curry the Worry

A person of low confidence or no confidence or low self esteem normally avoids parleys, parties, get-together because he is diffident. This results in AVOIDANCE. To develop self confidence, attend a function or a party of any aristocrat uninvited. You know what. An uninvited guest isn't unobtrusive rather is the most noticed. Afraid! Then take a callous guy along. Step in raising your arm waving in the air as though you are greeted by a distant cousin or friend or probably the crowd. The whole lot turns to you as if you are the most awaited VIP to the occasion. You now start feeling that you are very important to the world. You also get the identity amidst your species that you are to blame you denied yourself isolating and segregating yourself all this while. Just go around peek at things; pause near every gathering merely to say hi! Watch how the others conduct themselves in the crowd, their postures, mannerisms, body language so on. But don't take pains to dine. Then the author is not held responsible for the consequences if you are caught identified an outsider. Even so, if you are an optimist you'd cherish something within. That's the feel of CONFIDENCE. Henceforth nothing shall



prevent you from presenting yourself to an audience, which is the first step to confidence. What? What about the rest...? They shall take care of themselves. They'll be on their guard. No worries.

We are human beings whose discussion, debate and disagreement quite often flow from the memory. Memories are past, be it food, or clothing or shelter...that which is old or stale stinks, which is also archaic. Most past memories are bothersome, painful, sully, sulking and stenchful even though they are nostalgic. Can there be good fragrance from reek? You are travelling through the Past towards the Future. You are... you are...you are. But future is hallucination. People of low confidence keep swaying betwixt the past and the Future. But, it is only the man of confidence that stabilises them with the present and only present actions. After a hectic duel with your neighbour can you shake hands with him as if you bore no ill will? A man of confidence must be able to see every object as if he sees it for the first time aesthetically attaching no preconceived notion to it. But the task isn't that easy as to gulp a cup of coffee or take a sniff every now and then and say, "To hell with it!" Is it possible see an enemy or a betrayer with the same freshness of a stranger? If yes, think you did it. There you are! You are the Ruler of this entire Universe. Just go ahead.



How to Develop Self-confidence

Some handy tips from the author's personal experience:

- Attend a function uninvited
- Exercise speaking before the mirror
- Venture up talking to either a stranger or a celebrity
- Travel alone to an unknown place
- Attend an interview for a placement which you aren't competent
- Pay a casual visit to a five star hotel and peek in
- Write a letter to the editor of a daily
- Apply for a bank loan though you don't need it really
- Attempt cooking a new cuisine
- Learn a new language/game and play to lose. You may lose many yet, unconsciously you win which paves the way for your ensuing adventure and this experience will empower your self confidence. Why hesitate then...

Above all,
Think Positive:

“Just forget the word impossible
remember only the word
it's possible.”
“Turn scars into stars.”

Get set, get going...

Thumbs up! 



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