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friend -- is not respecting your boundaries, you should use a tone of authority to tell them to back off.)

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Amy Cuddy is the famous TED talk

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professor who first acquainted us with power poses and using our physiology to increase our confidence levels. Well, she helps deliver a similar message in this book, and she does it with detail and backs it all up with solid research.

### **15 Best Books on Building Self-Confidence | The STRIVE**

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