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Trust is more important than competence. This is what the entrepreneur on stage said at an event I attended recently. People were in shock, but many heads nodded, including mine. I couldn't disagree. Because the benefits of trust are really limitless. Why? Because confidence spurs action. This fuels decision-making. It makes you get up from the couch and into the world. Competence is wonderful, but it won't do any of this for you. And hey, if you can have both, you stop. After years of working as a confidence coach, that's what I know for sure about being confident:1.I wasn't born with confidence. Trust is what you choose to have. Need help? I have you. I'm officially giving you permission right here, right now, to be the most confident person you know! (Welcome.) The most successful, happy people are not born the richest, the most beautiful or talented. They just believe in themselves and they go for what they want. But they built their self-belief first, and on purpose. I'm sure as hell is one of these people and I've become one consciously and willingly. What is the alternative? No, thank you. I practice confidence every day. Sig Siglar said: The soul does not last; That's why you do it daily. I consume inspirational material every damn day. If I miss a day, I notice it - I feel it in my physical and emotional energy. I listen to podcasts. I read books and motivational blogs. External inspiration feeds inner inspiration. I don't know how anyone lives without him.3 I focus on my victories. It's too easy to forget how far you've come and what you've done well in your life. In his bestselling Principles of Success, author Jack Canfield discusses how transforming your opinion of yourself begins with reflecting on your victories. Here's how: Divide your life into thirds, so if you're 30, thirds between the ages of 0 and 10, 11 to 20, and 21 to 30. If you're 45, they're 0 to 15, 16 to 30, and 31 to 45. Write down the three things you most pride yourself on achieving in every third of your life. Reflect on each of these nine things. Remember how you felt during each achievement. Most of these things scare you before you made them happen? Probably. Maybe you didn't feel capable or well enough or ready, but you made them anyway. What was the result? Let these memories fuel your self-confidence. They remind you that you are much better than you think you are! In coaching, we learn about the trust competence cycle. This means that when you take action and you prove that you can do something, no matter how small, you feel more confident taking the next step. This, in turn, makes you more competent. It's a great cycle! Here's the good news: everything and we are moving towards a society that is filled with more self-love and acceptance than ever before. Body Bodies is (finally) presented through television shows like Orange Is the New Black, celebrities like Melissa McCarthy who refuse to squeeze into the vision of Hollywood perfection, and the plus-size clothing line embraces haute couture. That being said, eradicating the problem with body image completely will depend heavily on zapping human tendencies to the body of shame or hatred or being generally horrible to each other. And while it's not exactly realistic, that can help surrounds yourself with a sense of empowerment. We're talking about body pos bloggers and inspiring celebrities as outlets for this mood, but less discussed, but an absolutely amazing version of body positive literature. I was 14 when someone first handed me a copy of Bridget Jones's diary and told me it would help me get a more positive outlook on my own body. The heroine of plus-size? Could be? My friend said that the novel was all about proving women of any size can be smart, successful, loved and sexy, and I immediately turned to the idea. It was almost 10 years ago, but at that time (and even before) many authors worked with similar concepts. Body pos books are there - even in unexpected genres and eras. And when everyone talks about cabbage cleanses, hip gaps, and 5 simple steps to lose 50 pounds, these books can be the most wonderful antidote. BRIDGET JONES'S DIARY Helen Fildon's first discovery of Helen Fildon's favourite novel turned film and musical, I hated this supposedly emblem-sized adoption. Bridget Jones was something like 140 pounds (albeit quite short). She obsessively took on the scale every morning. She was rampantly insecure. In other words, she was just like me... and too many others. But as the novel progressed and she underwent some syminalable character development, her quirks and insecurities added to her charm. She loved, laughed, had two wonderful suitors, gained confidence in every aspect of her life - from work to fashion and sex - and was a great voice for a power girl. Click here to buy Jennifer EganJennifer's EganJennifer story about Charlotte, a model who suffers a car accident that leaves her in need of severe plastic surgery may seem a little obvious. But it's raw and vulnerable and taps into some of our terrible fears about beauty, self-love, and identity. Charlotte's beauty set her life back, and when she left, she had to first investigate who she really was. It's a concept we all struggle with from time to time, but one made accessible and introspectively geeky in this novel. Click here to buy EARTH, MY BUTT, and other great ROUND CAROLYN MacklerThis young adult novel introduced us to Virginia Ginny Shreves - a high school sophomore at a private school in Manhattan with its size. She's the girl who won't let her makeup buddy put her hand on her shirt for its touching her belly (which is usually hidden in baggy clothes) and her insecurities are so relatable you can't help but love her. After a spontaneous and somewhat rebellious trip to Seattle to see her best friend, Jeannie begins to evolve from a shy and painfully awkward teen kickboxing babe, proud of her curve and thinking that it's OK to change the way you look if it's for you, but not if the choice is dictated by anyone else. Click here to buy into her SHOES Jennifer WeinerWho could resist falling in love with her shoes when the film adaptation starring Cameron Diaz and Toni Collette was released? But Jennifer Weiner's novel showed even more character vulnerability, and was even more profound in its ability to show things that haunt us all - regardless of our size, shape or background. Through sisters Rose and Maggie Feller (who are opposites in everything, including looks) we learn about the beauty of our individuality, the flaws included. Click here to buy SISTERHOOD FROM TRAVELING PANTS Ann Brashares Adventures (and Misadventures) by Lena Caligaris, Tibby

Rollins, Bee Vriland, and Carmen Lowell were a major adolescence for many girls growing up in the early 2000s. Anne Brashares' perfect group of best friends was so unique that you couldn't help but identify with a part of each of them (as a girl). Each of them was so aesthetically different - some quite traditionally appealing - but all had their own personal demons. And oddly enough, these demons made us as readers feel less alone. Click here to buy AWAKENING Kate ChopinKate Chopin's ChopinKate Chopin's classic 1899 novel is a important early in feminism. Through the main character Edna Pontellier, we are presented with notions of female oppression and self-loathing he can breed. As a progressive woman in the 19th century, Edna wanted a life very different from her own - a freer existence, knowledge and sense of independence completely impossible for women at the time. But by ignoring the norms - regardless of the consequences - she experiences adventure, passion and a sense of self-love. Ultimately, we are inspired to strive for the same. Click here to buy All About VEE by K. Lee PurtillC. Lee Purtill (author of Fat Girls in the Los Angeles series) brings an air of fantastic dreams to the pos body scene. It takes a small town girl from Arizona, filled with dreams of acting on the big screen, and put her straight into Hollywood. It's not necessarily a unique narrative, but the fact that Wee is a plus-size woman thrown into the uncharted waters of California adds a special element. This is the one that ultimately makes us think we should all dream big, too. Click here to buy DUFF: UGLY DESIGNATED FAT FRIEND Cody Keplinger There are a few plus women I met, who at one point did not feel like a friend, but never a girlfriend. Cody Cody captures it perfectly, and the fact that she was 17 years old when she wrote the novel (at the same age as the hero Bianca Piper) adds to the magic of the story. The common thread through the book is that the attraction defies looks - or at least that we all have our individual concepts and perceptions of that attraction. Click here to buy SEE 12 NOT FAT based on the novel by Meg CabotMeg Cabot differs in that it is a mystery - not a drama or a comedy. Protagonist Heather Wells goes from a beloved pop star to an assistant dorm director at the university, where she grows up to be happy with her size-12 form. But add to the mix of unexplained murder and murderer on the loose, and a whole host of other insecurities are starting to factor in some of them, of which, we can relate to immediately. Click here to buy JUDE'S LAW Laurie FosterIf you are a plus-size woman, you've probably at some point been told that you are only worthy (and thus only look for) a partner who is bigger and then makes you look smaller. Jude Law Laurie Foster taps into the beauty of love on every size through the characters Jude and May, and the reality is that no matter our size or physical traits, everyone deserves romance. Click here to buy FAT KID RULES THE WORLD from K.L. GoingK.L. Going into a young adult novel brings an air of fantasy to the body of the pos burns. It's about Troy Billings, a suicidal 296-pound teenager who through a dose of luck meets a guitar legend who insists they form a band together. The book's unrealistic nature makes him no less inspiring, and as Troy learns about Kurt's life and struggles with addiction, he gets some perspective on his own battles, and teaches us about priorities along the way. Click here to buy WIFE'S TALE Laurie LansensInland in many ways, Laurie Lansens's novel about discovering the life we want to lead against the life we think we should lead. Protagonist Mary Gooch is medically characterized as morbidly obese, and this fact (among others) caused her husband to leave her. The story begins as a woman's desire to try to win back her man, but leads to the same journey of a woman loving herself - and realizing that sometimes, the latter is more important. Click here to buy PERFECTLY TRUE TALES of A PERFECT SEASA 12 Robin GoldWhat Robin Gold does best, is to identify the problem of women pitting themselves against each other - competition and jealousy and comparative trends that cause nothing but grief. Delilah - usually self-confident and semi-famous TV man - learns about these things first hand when vying for a TV gal guy for a hot job. But the importance of spirit, kindness and self-esteem becomes stronger than hatred and bullying. Click here to buy SHE'S COME UNDONE bestseller Wally LambWally Lamb Not feel good kind of novel, he taps into the many realities of a world in which Live. Protagonist Dolores Price's body image issues don't disappear. It doesn't detect that people are kinder after high school, or the world is a more acceptable place once you're an adult. However, through the obstacles she overcomes, Dolores realizes that life can be beautiful, regardless of its imperfection. Click here to buy CORSET DIARIES Katie MacAlisterKatie MacAlister's novel, a seemingly silly, light read about Tessa, a woman who agrees to star on a reality show called The Month of the Life of the Victorian Duke (for which she must constantly wear a corset). But, in fact, the novel analyzes changing perceptions of beauty and femininity and the struggle to love yourself when the world and people you know seem to be constantly criticized. Click here to buy the image: Miramax Films Films self confidence books in urdu pdf

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