

Outstanding New Book Offers Practical, Step-By-Step Secrets To Improve Performance By Building Confidence

Dr. Barry Thompson encourages readers to stop accepting mediocrity due to low confidence – instead restore confidence and reach full potential

MAITLAND, FLORIDA, USA, May 25, 2016 /EINPresswire.com/ -- MAITLAND, FL— Within the pages of Dr. Barry Thompson's new book, [Confidence](#)-Driven Living – Confidence Secrets To Improve Your [Performance](#), (\$18.99, paperback, 9781498437417; \$9.99, e-book, 9781498437424) readers will gain practical help and encouragement on how to build confidence. The author explains that a person's confidence level will impact his or her performance. Barry offers practical help and encouragement on how to build confidence, beginning today. His strategies will work, at home,



Your confidence impacts your performance

on the field or in the reader's head. Should anyone be facing challenges, this book will offer hope that a reader's confidence can be restored. The book's message provides comfort that a person can achieve great things and be all that he or she was meant to be.

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Dr. Barry Thompson

“This book is about helping ordinary people do extraordinary things,” states the author. “It's about offering practical advice on how to make today better than yesterday by building, restoring confidence. Reader will learn to be a better spouse, partner, employee, parent, volunteer – or just a better person.”

Dr. Barry Thompson is a management consultant, trainer, counselor, coach, adjunct professor, entrepreneur and global businessman. He has studied at Colorado Christian University in Denver, Liberty University in Virginia, and Oxford University in the UK. He holds a Master's degree in adult education and a doctorate degree in [leadership](#). His research has been

focused on confidence lost and gained. He has worked and lived in Alaska and South Africa and now lives in Fort Collins, Colorado. He is a husband, father and grandfather.

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