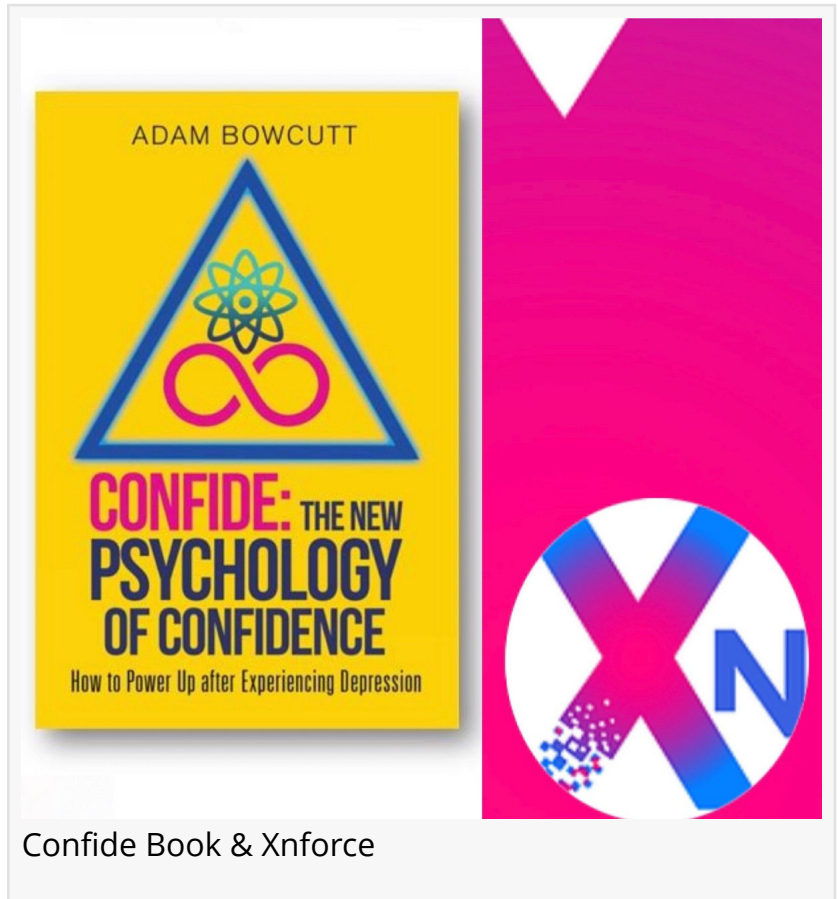


Discover How to Build Confidence After Depression by Exciting New English Author Adam Bowcutt

Adam Bowcutt is a mental health advocate with a life mission to help save and change 500,000 lives from depression and suicide one life at a time.

BRISBANE, QUEENSLAND, AUSTRALIA, January 7, 2020 /EINPresswire.com/ -- Rebuilding self-love and confidence is the main objective behind [Adam Bowcutt's](#) debut publication titled "[CONFIDE: The New Psychology of Confidence](#)" (published by Xlibris AU).

With suicide, depression, and anxiety becoming a massive problem in today's society, Bowcutt felt the need to write a [book](#) that would equip readers with the knowledge and courage they will need as they go through debilitating experiences in life.



Confide Book & Xnforce

"One million beautiful humans taking their own lives around the world every year. That's one life lost to suicide every forty seconds. This is preventable. I am a father and I almost took my own life. I was literally on the precipice of doing so. If I did, my son Zachary would not have had his father to love and care for him, and to share fun times with, to be a role model for. There are millions of sons and daughters, families and communities that suffer as a result of depression and ultimately suicide.

“

The best way to find yourself is to lose yourself in the service of others”

Gandhi

It is now my life mission to help save and change 500,000 lives from suicide one life at a time. This is what inspired

me to write this important book,” the author reveals.

'Adam shares clear messages in this important and practical book. How building strong confidence after depression is not only possible, it's a must because we all deserve to live an energised life full of vitality. Highly recommended.'

- Liana Werner-Grey, Bestselling Author of The Earth Diet and Cancer Free with Food

"CONFIDE: The New Psychology of Confidence" offers step-by-step methods and practical advice to help build solid confidence. Gleaned from his personal experiences, Bowcutt reveals tried and tested methods on how to power up after experiencing depression. The book also contains a secret chapter that readers must do some work to find the code to access it and reap the rewards in the end.

This practical guidebook is geared towards those who want to build stronger mental health. It promotes independent thinking, self-awareness, critical thinking skills, self-leadership, motivation and most importantly, confidence.

"CONFIDE: The New Psychology of Confidence"

By Adam Bowcutt

Hardcover | 6 x 9in | 202 pages | ISBN

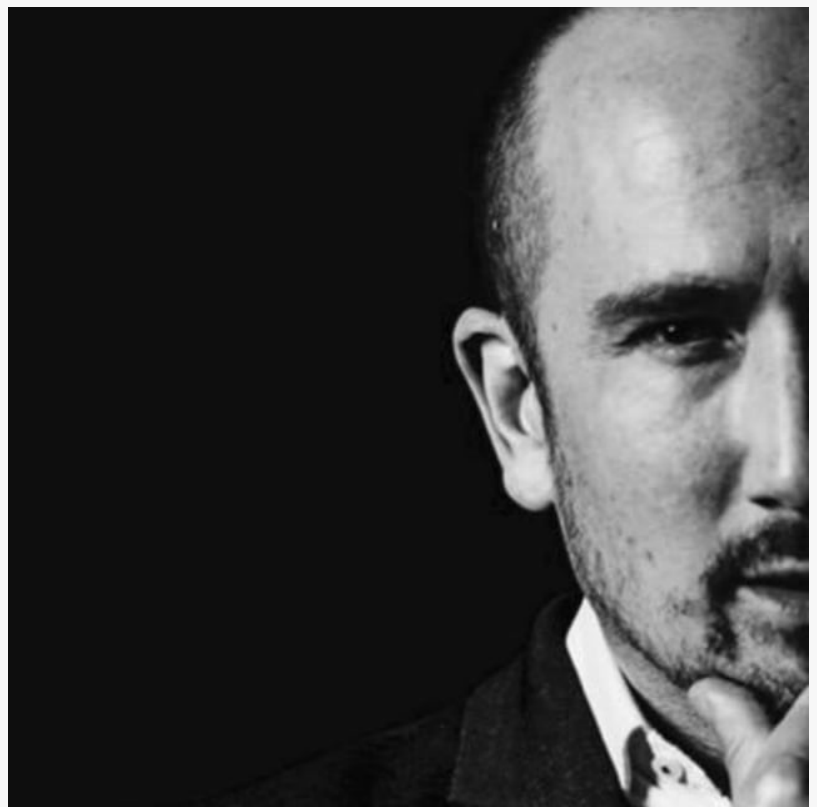
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Adam Bowcutt Author of Confide Book



Victory Against Suicide

About the Author

Adam Bowcutt is a mental health advocate with a life mission to help save and change 500,000 lives from depression and suicide one life at a time. He is a father, an ex-sponsored snowboarder and the co-founder of Xnforce, a company focused on proactive mental health that helps organizations thrive by building long-term mental health. Bowcutt has a degree in psychology and sociology from the University of Southampton and is an optimist. He is originally from Great Malvern, England, and now resides in Brisbane, Australia. "CONFIDE: The New Psychology of Confidence" is his first publishing venture. Visit www.adambowcutt.com.au to know more about the author and his works.

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