



## Shatter Your Self-Doubt: Simple Strategies for Developing Confidence to Live the Dream You Deserve

By Dr. Mabel Joshua-Amadi

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*By Dr. Mabel Joshua-Amadi*

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### **Editorial Review**

#### **About the Author**

Dr. Mabel Joshua-Amadi came from nothing and single-handedly educated herself with bold confidence to reach the level of a medical director and an academic. She provides teaching and practical support through a registered charity she founded and directs. Liberty International is a charity dedicated to helping the disenfranchised, distressed and disadvantaged improve their attitude and heal from their emotional wounds of the past to reconnect with their families and communities as active and productive members. Many have achieved this goal and regained their self-reliance and financial freedom. Her professional background, as an experienced medical doctor and academic has given her a broad based wealth of experience from which to approach many needs of her clients and customers. She is an inspirational speaker and researcher. Her research interests include motivation, self-esteem, attitude, self-confidence, purposeful living and success principles. You can learn more about her research findings and their practical applications at [www.shatteryourselfdoubt.com](http://www.shatteryourselfdoubt.com) Her articles on Motivation have appeared in Nursing Management (December 2002 and January 2003). She is the author of many books including the Power of Attitude that discusses ten attitude types from the positive to the negative that people display.

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