# Super You

Unlocking And Living
With Your Highest Level
Of Confidence

Dre Baldwin

**M** Walker

The Super You Dre Baldwin, 2014-09-27 When I was a child there were these color by numbers coloring books we would play with Each page would have a picture of say a bear And the bear would have different areas of its body marked by a number There was a little box in the corner of the page that told you which colors referred to each number So if the number 1 was green you colored all the corresponding 1s on the page in green Then you did the same with black red yellow and the rest After coloring in all the numbered sections you d have a perfectly colored picture to admire There was no thinking or real life application necessary Just do what the damn book said step by step and everything would be perfect The Super You is not a coloring book My goals in writing this book are to 1 Give you insight into the phenomenon of confidence by explaining what it is where it comes from when you can use it to your advantage and how it is developed strengthened and weakened 2 Prepare you to apply what you read in real life learning instinctively when to use each tool in your box since no two situations are ever exactly the same 3 Leave you with The Super You the version of you who has the confidence to think and say and do all of the things you ve considered but haven t dared trying That's what this book is **30 DAYS TO LIVE SUPER HAPPILY Volume 1: Erase the "Blindness" of Happiness** Hồ Vĩnh Thùy Linh, What would happen if someone poured loving beautiful thoughts into your mind every single day Life Is Like a Dream From Pain to Super Happiness Dear friend Have you ever felt like a flame always burning ready to set everything around you on fire That used to be me a real Volcano Mountain People often joked that I was born in the hour of fire on the day of fire in the month of fire and in the year of fire And they were right I could ignite at any moment Anyone who came close to me would feel like meeting a prickly hedgehog shooting out sharp spikes called anger frustration and resentment But that outburst of fire wasn t just a flash of anger it was the silent scream of a soul that had been suppressed to its very limit I still remember that day so clearly the day that changed everything Standing on the stage when my teacher asked Linh how long have you been holding yourself together every word pierced straight into my mind At that exact moment I heard a loud boom inside my head a sound like a gunshot shattering all the thick walls I had built for years to protect my true feelings from being seen At that very moment my body felt completely drained of strength My legs went weak and I staggered clutching the nearest chair to keep myself from collapsing to the floor Yet it wasn t just my body my soul was trembling too like an old fortress finally being shattered by the power of a single question that seemed simple but carried a truth I had never dared to face All the painful memories burst out like a swarm of bees escaping from a cage that had held them captive for too long flooding my entire mind Every fragment of the past appeared like fast forwarded movie clips playing again and again without end I broke down crying uncontrollably each sob tearing through my chest My breath caught as if an invisible stone were stuck in my throat blocking every bit of air struggling to reach my lungs The feeling of lacking oxygen surrounded me as if an invisible hand were gripping my neck squeezing out every bit of my ability to breathe Inside my head a desperate voice screamed Breathe Linh

Please just breathe But my body no longer seemed to obey I thought I was about to die drowned by the suffocating emotions and memories that I could no longer control It felt as if I were sinking slowly to the bottom of the ocean struggling to break free from the invisible chains pulling me deeper I tried to reach upward for just one breath of air but the more I fought the more I was dragged down into helplessness and utter despair In that moment everything around me seemed to disappear only an overwhelming fear remained consuming both my body and my soul Thankfully my teacher gently said Everyone can go up and give Linh a hug Immediately a woman from the audience stepped onto the stage wrapped her arms tightly around me and whispered It's okay Linh Everything is over now You're safe Her words felt like a warm stream of blood flowing back into my heart a heart that had long been drained of love It didn't stop there More than twenty people in the room rushed onto the stage each taking turns to hold me comforting me with gentle pats and guiet warmth Those hugs were not just simple gestures of affection they were like rays of warm sunlight slipping through my skin and touching every tense muscle that had been fighting against layers upon layers of painful memories Each embrace carried a miraculous energy that slowly relaxed the tightness in my body gently releasing the pain that had been locked inside me for so long I could feel the tension inside my body slowly releasing the invisible armor I had wrapped myself in to fight against the world beginning to fall away I felt the stone that had been stuck in my throat gradually dissolve and my breath returned slow gentle and steady But that was also the moment when the box of sorrow I had kept sealed for so long burst open After that day I became like an overinflated balloon of emotions ready to explode at any second Even a gentle word could make me cry and the smallest mistake from anyone could ignite my anger like a volcano erupting I kept telling and retelling my stories of pain to everyone around me as if I needed the whole world to know that I was the victim of twenty five years of being mistreated by life itself Then came Ms Lisa Truong like a beam of light dispelling the darkness in my life She taught me the most essential principles of living and guided me onto the path of cultivating my heart and mind through Truthfulness Compassion and Forbearance It was a journey that helped me see through the true nature of life and completely transform my soul allowing me to live in Super Happiness every single day I realized that Life is like a dream how many times can we truly be happy and that no one but myself could change my own reality I could no longer live under the shadow of the past nor continue being the victim in the story of my own life So I decided to change Instead of letting those painful and resentful memories become a life sentence that would imprison me forever I turned them into precious lessons the foundation for me to grow stronger wiser and live a life of Super Happiness with a heart full of Truthfulness Compassion and Forbearance With each passing day I could clearly feel the changes within me No longer a frightened hedgehog with its guills raised I was slowly becoming a better version of myself gentle loving and filled with deep gratitude for my parents my beloved younger brother and for everyone everything and every moment that unfolds in my life The miracle is that boundless love overflowing happiness and those wondrous blessings had always been present in my life since the very moment I was born But before I was like someone blind to

happiness lost in emotional wounds and painful experiences I hadn't realized how deeply I was loved or that my life had in fact always been filled with joy and profound warmth all along Now I live by a high standard of Truthfulness Compassion and Forbearance I ve realized that as long as I maintain this state of mind every direction in life becomes good and every path ahead opens wide and clear More than that I created my own unique method Turning pain into an auto generating asset of growth Yes instead of letting the past weigh me down I use it as the foundation to build a new life one filled with joy and Super Happiness growing brighter with each passing day Not only did I transform myself but I also had the opportunity to walk alongside many entrepreneurs millionaires and devoted learners helping them discover joy and happiness in every single moment of life We never forced ourselves to swallow the frog under the pressure of harsh self discipline just thinking about it could send chills down our spines Instead our true measure of success is the Happiness and Love Index a simple yet powerful metric that guides every step we take on the journey of Super Happiness By living in a state of complete love ease and joy as the main thing we naturally live independently freely and in Super Happiness every single moment A high level of Truthfulness Compassion and Forbearance has become our guiding compass not only multiplying our productivity five or even tenfold but also transforming each day into something more meaningful overflowing with goodness and filled with endless love continuously shared with the community My dear friend I don t want you to feel lonely lost or suffocated by the same kind of pain I once endured Instead I hope you can feel the light the warmth and the strength to live a life that is whole and meaningful It is the deep experiences of my life that inspired me to write 30 Days to Live Super Happily This is not just an ordinary book I hope it becomes a guiding light and a loving companion overflowing with warmth on your journey My wish is that each page will help you discover the path to happiness peace and love that fills every moment of your life After reading the entire book mindfully for the first time each day you only need to spend at least five minutes reading and another five minutes reflecting on how to apply it in real life By doing so you ve already built the foundation for the remaining twenty three hours and fifty minutes of your day to overflow with Super Happiness Those few short minutes are like planting a small seed in your soul as you nurture it day by day your whole life will blossom into a garden of Super Happiness filled with fragrant flowers and sweet fruits And of course if you spend even more time each day reading practicing and refining small details your garden will soon shine brighter than ever Even more wonderful is this if from today until the end of your life you simply keep this small habit then when the time comes to leave this world you will go with a satisfied smile because you have truly lived a life of Super Happiness complete and fulfilled in every single moment Don t just believe my words experience and feel your own journey of Super Happiness Because only you can truly create and fully feel happiness from the smallest simplest moments of love to the greatest and most magnificent things in life Start right now my friend From Self-Doubt to Super Confidence: A Step-by-Step Guide to Growth Silas Mary, 2025-02-14 This book is designed to take you on a transformational journey from self doubt to unshakable confidence Through a step by step guide you ll learn the tools and

techniques to build self assurance overcome fear and become the person you ve always aspired to be Each chapter provides actionable strategies that will guide you through overcoming limiting beliefs taking risks and embracing your inner power By following the strategies outlined in this book you ll learn how to shift your mindset from one of doubt to one of certainty Confidence doesn t come overnight but with the guidance provided in this book you ll discover how to unlock your true potential and step into your power with confidence clarity and purpose You ll gain the self belief necessary to pursue your goals take action and achieve lasting success Claim Your Confidence Lydia Fenet, 2024-01-02 How many times in your life have you felt truly confident Do you find self assuredness a fleeting feeling or a consistent state of mind These have been unusual times and difficult years and many of us have found our expertise tested and our confidence challenged As a senior vice president at one of the world's premiere auction houses and a commanding presence in every room it's easy to believe Lydia Fenet's confidence comes easily In reality she has experienced countless instances which threatened her ego and pride but rather than let defeat crush her she has learned to locate inner reserves of self determination and push back In Claim Your Confidence Fenet offers the idea of confidence as something everyone has inside you just need the know how to claim it Recounting both professional setbacks and personal challenges that required adaptation Fenet offers case studies insights and advice to help even those who doubt themselves become the most confident version of themselves From the Teflon shield trick to her SLAM method for conquering Imposter Syndrome readers will find the tools they need to build confidence they ve had within them all along The Most Powerful Woman in the Room is You equipped women with the skills to achieve success in their external professional lives but that climb to the top is never easy and often includes a mix of highs and lows along the way Without inner strength it can be difficult to pick yourself up and persevere during the tough times that all of face In Claim Your Confidence Lydia Fenet will inspire you to become more self assured take action make decisive choices and grow into a leader in your own life From Doubt to Dominance: The Confidence Roadmap to Success Silas Mary, 2025-02-17 Self doubt is one of the most significant obstacles on the road to success From Doubt to Dominance offers a practical roadmap for overcoming self doubt and building unshakable confidence In this book you will discover how to identify the root causes of your self doubt replace negative thought patterns with empowering beliefs and create a mindset that positions you for success Through actionable steps you will gain the clarity and confidence necessary to take bold decisive actions toward your goals With the techniques in this book you will be able to move from uncertainty to unwavering confidence dominating your goals and living the life you were meant to lead Mastering Your Potential Rae A. Stonehouse, 2025-04-20 Want to unlock your full potential and achieve extraordinary success Discover the ultimate guide to personal and professional transformation in this comprehensive roadmap to mastering every aspect of your life Drawing on cutting edge research and proven strategies Mastering Your Potential provides a practical framework for developing unshakeable confidence maximizing productivity building meaningful relationships and creating lasting positive change

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challenges with confidence it s time to get your mind right **Super Self** Geri O'Neill, Randy Martin, 1984 **Psychology** Unleashing Productivity! Richard Alan Ott, Martin Snead, 1994 High productivity and the recognition that comes .1929 with it are goals of all successful business people today This guide to becoming more creative productive and satisfied shows how to recognize and remove productivity barriers Packed with techniques and ideas for managers and employees who want to get the most from their workforce and themselves Includes six steps to alleviate worry in order to increase productivity and five productivity boosting techniques used by the world's most productive people Plays and Players, 1993 Super Brain Power Jean Stine, 2000 Through proven simple to master exercises readers will learn how to optimize their six innate intelligences to achieve every goal Backed by personal testimonials and telling anecdotes these brain friendly techniques promise amazing immediate benefits Normal Instructor and Primary Plans ,1919 The School Bulletin and New York State Educational Journal ,1913 The Eastern Star ,1911 Collier's ,1924 Atlantic Coast Line News ,1956 Metropolitan ,1912 Collier's Once a Week .1924

Reviewing **The Super You Unlocking And Living With Your Highest Level Of Confidence**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**The Super You Unlocking And Living With Your Highest Level Of Confidence**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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