What if confidence comes after you take the first step?

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FOR IMMEDIATE RELEASE - NEW BOOK

In The Awakened Guide: Self-Esteem & Confidence, meditation master Guru Rajesh Ananda combines psychology, neuroscience and contemplative practice to help readers build self-trust in everyday life.

Saying no without overexplaining, starting something before you feel ready, and keeping a small promise to yourself may seem like ordinary acts. In *The Awakened Guide: Self-Esteem & Confidence*, Guru Rajesh Ananda shows how these moments can give us something we can draw on the next time self-doubt takes over: evidence that we can trust ourselves.

The first new book in *The Awakened Guide* series distinguishes between confidence, self-esteem, and self-worth. You can feel capable in one area of life and uncertain in another. You can also succeed and still feel that you have something to prove. Ananda explores how these patterns take hold and asks a deeper question: what would it be like to value yourself even when you get something wrong?

“And self-trust is far more valuable than the appearance of confidence,” Ananda writes in the foreword.

The book brings together three elements that give readers a way to work with these ideas:

- **Confidence built through small actions.** The 1% Challenge asks readers to take a manageable step they might otherwise put off. The Self-Trust Audit helps them identify a promise they can realistically keep.
- **Exercises for situations readers already face.** The Boundary Audit invites readers to examine where they say yes at their own expense. A separate exercise on failure helps them view a setback without letting it become a verdict on who they are.
- **Meditation that carries into daily life.** Drawing on the teachings of Gururaj Ananda Yogi, Ananda pairs contemplative practice with his “Right Thinking – Right Action” approach. Readers learn to notice a familiar thought, such as “I’ll get it wrong”, and consider what they might do if that thought didn’t make the decision for them.

About the author

Guru Rajesh Ananda is the spiritual leader of FISU Meditation, the Foundation for International Spiritual Unfoldment, an international non-profit meditation school. A close disciple and appointed successor of Gururaj Ananda Yogi, he has taught meditation for more than four decades. He is also the author of *The Science of Stillness*.

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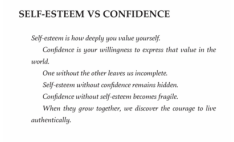
Media enquiries

Author Website: www.rajeshananda.guru
Contact Email: contact@rajeshananda.guru
FISU Meditation: www.fisumeditation.org

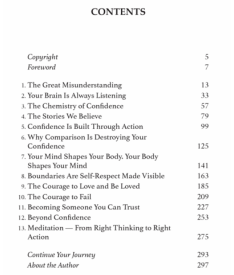
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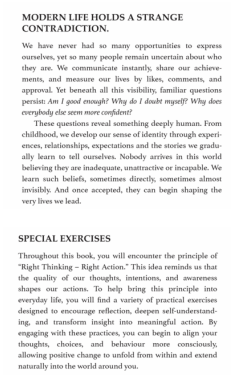



SELF-ESTEEM VS CONFIDENCE

Self-esteem is how deeply you value yourself.
Confidence is your willingness to express that value in the world.
One without the other leaves us incomplete.
Self-esteem without confidence remains hidden.
Confidence without self-esteem becomes fragile.
When they grow together, we discover the courage to live authentically.


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MODERN LIFE HOLDS A STRANGE CONTRADICTION.

We have never had so many opportunities to express ourselves, yet so many people remain uncertain about who they are. We communicate instantly, share our achievements, and measure our lives by likes, comments, and approval. Yet beneath all this visibility, familiar questions persist: *Am I good enough? Why do I doubt myself? Why does everybody else seem more confident?*

These questions reveal something deeply human. From childhood, we develop our sense of identity through experiences, relationships, expectations and the stories we gradually learn to tell ourselves. Nobody arrives in this world believing they are inadequate, unattractive or incapable. We learn such beliefs, sometimes directly, sometimes almost invisibly. And once accepted, they can begin shaping the very lives we lead.

SPECIAL EXERCISES

Throughout this book, you will encounter the principle of “Right Thinking – Right Action.” This idea reminds us that the quality of our thoughts, intentions, and awareness shapes our actions. To help bring this principle into everyday life, you will find a variety of practical exercises designed to encourage reflection, deepen self-understanding, and transform insight into meaningful action. By engaging with these practices, you can begin to align your thoughts, choices, and behaviour more consciously, allowing positive change to unfold from within and extend naturally into the world around you.

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Scan Me:



Company Contact:

FISU Meditation

T. 07793 562103
E. Rajesh.Ananda@fisu.org
W. https://https//www.fisu.org

Additional Contact(s):
Jasmini Ananda (Co Founder & Wife

View Online

Additional Assets:
https://www.fisumeditation.org
Http://www. rajeshananda.guru

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