



Cosgrove Publishing Offers Free Confidence Book To Subscribers

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Cosgrove Publishing, a UK based firm, has announced that they will be distributing a free 34-page book on how to build confidence and change the way they experience anxiety, stress and fear, to those consumers who subscribe to their monthly newsletter. The company has made it clear that they are very passionate about helping people to better themselves, and they believe that they have packed a large selection of tips and tricks into 34 pages for readers to find themselves calmer and more collected in day to day life. They have said the following regarding the contents of the book:

"Discover how a simple breathing exercise found in a long lost dusty textbook, combined with a modern day psychological 'hack', can rewire your brain with the confidence, success and emotional control you deserve."

The book can be found through the company's website at http://www.lifechangingformulas.com/?page_id=197 where individuals may sign up for the monthly newsletter, which provides insight on a number of life hacks that can help wipe away negative memories and assist in visualizing power in difficult situations. The site also describes the breakthrough research that has led to these solutions.

So far, the confidence book has shown great success according to Cosgrove Publishing professionals, and they are now distributing it for free in an effort to encourage further internal growth and encourage more subscribers to adopt their tips, life hacks, and confidence building exercises into their lives. They have said:

"It's time to stop being a victim of your past conditioning and emotions and take control of your life and future. Simply input your email address on the right and we'll email you the 34 page book that changes lives."

For those who purchase and enjoy the book and what it does to change their confidence levels, the company also supplies a program with further healing and motivational methods to try. This begins with a 70 page level one starter pack, which offers techniques and strategies for personal success. Following this, level two subscribers will gain a full two month trial, after which customers who are not satisfied can end the trial with no financial obligation whatsoever. Cosgrove Publishing has suggested that this is a wonderful follow up option for individuals who found the free 34 page book helpful. Cosgrove Publishing expresses:

"You've read this far. You want to see improvements in your life. And you can do so by investing in a program that can give you everything for less than a Starbucks a day, money that will be refunded to you if you're not seeing the results you want. It's a no brainer."

The company invites all those who are interested in reading the book to sign up for their monthly newsletter at <http://www.lifefirstresearch.com/?hop=mumdad1965> so that they can receive the reading material. They also encourage feedback, customer interaction, questions and concerns to be directed to their e-mail address, which can be found on the main website. They provide a full breakdown of what the book entails as well as the details of additional programs and motivational strategies on their site.

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I am an affiliate for Jon street who is part of the life first research team.

<http://www.lifefirstresearch.com/?hop=mumdad1965>

Which is what this is all about. Making a living Helping people!

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