



www.bookguild.co.uk

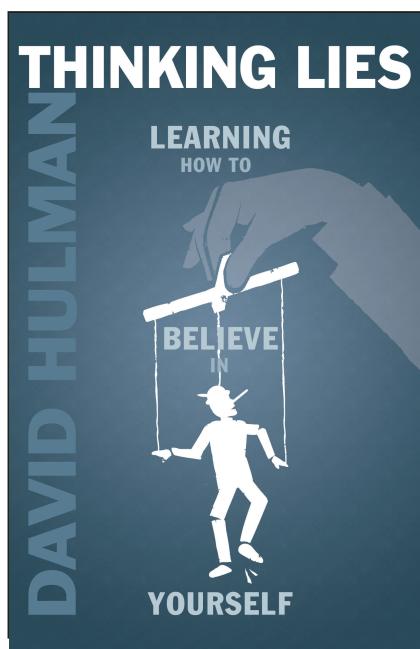
9 Priory Business Park,
Kibworth, Leicester LE8 0RX

0800 999 2982
marketing@bookguild.co.uk

Thinking Lies

Learning How to Believe in Yourself

A book that will help 16-24 year olds gain self-belief and achieve their dreams.



PUBLISHED 25TH AUGUST 2016
PRICE: £7.99
ISBN: 9781910878644

Drawing on his own life experiences, David Hulman gives readers nine techniques and strategies based on various theories, psychology, neuro-linguistic-programming and inspirational stories that will help develop self-belief.

The author developed a theory at the age of seven years old, which he dubbed 'Thinking Lies'. He explains that he developed a mental complex where he did not trust his own thoughts, beliefs or memories. He began to understand that this was essentially doubt – something that everyone experiences in all walks of life, and something that can stop us giving our full potential and ultimately living our dreams.

David wrote this book to enable those aged 16-24 years old – an age period full of uncertainty, instability and external negative influences – who are lacking self-belief in a particular area in their lives, in order to help them reach their goals.

David Hulman has a degree in International Relations with a Minor in Social Psychology. After gaining his degree, he went on to run training sessions and presentations tackling global issues. He is also the creator of the 'Self-Belief Chief' programme, which runs motivational talks and training sessions. They focus on music institutions, colleges, schools, young enterprise and football academies. David is also very active on Instagram and has a large following of around 18.4k followers.

FOR AUTHOR INTERVIEWS, REVIEW OR COMPETITION COPIES,
ARTICLES, PHOTOS OR EXTRACTS CONTACT: SARAH TAYLOR

TEL: 0800 999 2982 EMAIL: marketing@bookguild.co.uk