

Walk Like You Have Somewhere to Go: The Art of Confident Movement

Do you ever feel like you're walking with a purpose? Like you have somewhere to be and you're going to get there no matter what? If so, then you know the power of confident movement.

Confident movement is more than just walking with your head held high and your shoulders back. It's about moving with intention and purpose. It's about communicating to the world that you are a capable and confident person. And it's something that everyone can learn to do.



Walk Like You Have Somewhere To Go: My Journey from Mental Welfare to Mental Health by Lucille O'Neal

★★★★☆ 4.7 out of 5

Language : English
File size : 1761 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 238 pages



In her new book, *Walk Like You Have Somewhere to Go*, author Laura Vanderkam shares her secrets for developing confident movement. Vanderkam is a productivity expert and the author of several bestselling books, including *I Know How She Does It* and *Off the Clock*. She's also a former runner and dancer, so she knows a thing or two about movement.

In *Walk Like You Have Somewhere to Go*, Vanderkam argues that confident movement is essential for success in all areas of life. She says that people who move with confidence are more likely to be perceived as leaders, are more persuasive, and are more likely to achieve their goals.

Vanderkam also provides a step-by-step guide to developing confident movement. She covers everything from posture and stride to eye contact and body language. She also offers tips on how to walk with confidence in different situations, such as at work, on a date, or in a crowd.

If you're ready to take your confidence to the next level, then *Walk Like You Have Somewhere to Go* is the book for you. Vanderkam's practical advice and inspiring stories will help you develop the confident movement you need to succeed in all areas of your life.

Benefits of Confident Movement

There are many benefits to walking with confidence, including:

1. You will be perceived as a leader.
2. You will be more persuasive.
3. You will be more likely to achieve your goals.
4. You will feel more confident and self-assured.
5. You will have better posture and balance.
6. You will be less likely to get injured.

If you're not sure how to walk with confidence, don't worry. Vanderkam's book provides a step-by-step guide to developing confident movement. She

covers everything from posture and stride to eye contact and body language.

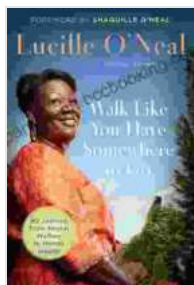
So what are you waiting for? Free Download your copy of *Walk Like You Have Somewhere to Go* today and start walking with confidence!

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Image alt: A woman walking with confidence down a city street.



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