

DUE OUT MAY 9!

## ABOUT THE BOOK

In *Quick Confidence: Be Authentic, Boost Connections, and Make Bold Bets on Yourself* (Wiley), bestselling author and renowned leadership speaker Selena Rezvani delivers an eye-opening discussion of the 9 common obstacles that stand in the way of building authentic confidence.

The book offers digestible tips that include actions, behaviors, and exercises that help you change how you think and the image you project to the people around you.

Whether dealing with intimidating people, asking for a promotion, or acing a high-stakes presentation, you'll learn to develop mental, physical, and interpersonal routines that will propel your confidence—and career—into the stratosphere.



A life-changing playbook for today's professionals who seek effective and actionable tips to improve their confidence and presence, *Quick Confidence* will also earn a place in the libraries of established executives looking to sharpen their edge and for anyone trying to eliminate self-doubt for good.

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## PRAISE FOR *QUICK CONFIDENCE*

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“A beautifully written manual for the self on how to get there from here when it seems too far and too hard.”

—Margaret Cho,  
Comedian and Actress

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“Rezvani masterfully distills the most essential confidence-building habits, so you can go after your biggest, boldest goals.”

—Jason Feifer, Editor,  
Entrepreneur Magazine

“

“By the time you finish Selena Rezvani's book, you'll have kicked your limiting beliefs to the curb.”

—Coby Miller, 2x U.S.  
Olympian, Track/Field

# ABOUT THE AUTHOR



SELENA REZVANI

Selena Rezvani is a leadership expert, 3X author, and TEDx speaker. She trains some of the brightest minds on leadership development at places like The World Bank, Microsoft, Under Armour, Pfizer, and Nestlé – helping emerging leaders enhance their presence and self-confidence. Selena’s advice has been featured in *The Wall Street Journal*, Oprah.com, Today, The LA Times, and ABC and NBC television.

Selena’s latest book, *Quick Confidence*, is the result of a viral newsletter she started in 2020 on LinkedIn, where she shares everyday tips on acting with more boldness. She was honored as a *Fast Company* Top Content Creator in 2021 and today, writes a column for MSNBC’s *Know Your Value*. Selena has a BS and MSW from New York University and an MBA from Johns Hopkins University.

## PRE-RELEASE BULK PURCHASE OPTIONS

### Reclaim your self-confidence and share the knowledge!

We know you’ll want to share *Quick Confidence* with your coworkers and friends, so we’ve made it easy. Pre-order multiple copies of the hardcover book by April 9 at \$25.11 per book (shipping included), and you’ll receive Selena’s time for free. Email [selena@selenarezvani.com](mailto:selena@selenarezvani.com) to book.

250-  
500  
copies

#### Join us for Live Webinar and Follow-up Group Coaching Session

At this level, you’re helping lots of people overcome their confidence drain. We’re here to help with a live, highly interactive 75-minute session on *Quick Confidence*. Comes with a Discussion Guide and 60-minute, virtual follow-up group coaching session on a *Quick Confidence* theme of your choice.

501-  
749  
copies

#### Get a free In-person Keynote and Book Signing with Selena

Selena will come to you and deliver a keynote or workshop with a book signing. We’ll go deep on practicing confidence and presence-building skills in-person, while exploring how to elevate others. Includes confident communication video series. You cover Selena’s travel expenses.

750-  
1,199  
copies

#### Bring Selena in for the Day

Selena will come to you for the day and you can deploy her repertoire as you like, choosing from a combination of a keynote, 1:1 coaching sessions, workshop, ideation session or book signing. Includes confident communication video series. You cover Selena’s travel expenses.

1,200+  
copies

#### Let’s Create Your Experience Together

At this level, you become one of our revered book sponsors! Contact us to discuss how your organization can best utilize *Quick Confidence* content and Selena.