

Most Essential for Your Success

# CONFIDENCE

Dr. Jeetendra Adhia, M.D.  
&  
Dixita Mehta



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&  
Dixita Mehta

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## **Dedication**

*Dedicated to Hon. Chief Minister of Gujarat*

***Mr. Narendra Modi***

*for being a perfect example of confidence in India.*

*Dr. Jeetendra Adhia*

*Dixita Mehta*



Date: 31-07-2013

## MESSAGE

India is the world's most youth adorned nation. A nation with such youth power cannot dream small. It is appropriate to convey to all our youth about Vivekanand's quote "*Arise, Awake and stop not, till the goal is reached*".

I convey my best wishes to book "**Confidence**" which would help today's youth in furthering their careers/lives.

(Narendra Modi)

To,  
**Dr. Jeetendra Adhia and Dixita Mehta,**  
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**Narendra Modi**

Chief Minister, Gujarat State



*Presented with love to*

---

*I believe that you have enough confidence  
to get success in life.*

*But still, I hope this book may add to  
your existing confidence level.*

*Wish you a life full of confidence.*

Name \_\_\_\_\_

Signature \_\_\_\_\_

## **Dr. Jeetendra Adhia – Introduction**

A journey.... from riding a bicycle to flying an airplane.

Dr. Adhia was born in a family of barely literate parents in Wankaner town of Rajkot district, Gujarat. He started his life journey in a very low economic state. As his parents were poor, they could not afford even a bicycle. But as a child, Dr. Adhia was very fond of riding it. He used to rent the bicycle and go for a ride, feeling on cloud 9! He was a big dreamer. While riding the rented bicycle, he used to dream that he is flying an airplane. And surprisingly, it became a reality at the age of 63, when he joined the flying club and learnt to fly an airplane in 2013! This is also one of the records in the history of Indian Aviation.

To achieve all his dreams he pursued his medical career and took up the M.D. degree from Mumbai University. After rendering his services in the medical field for 30 years, he diverted to the Mind Power Training. He has published more than 40 books and produced numerous DVDs and CDs on the subject of mind and personality. He has conducted mind power training programs in almost all the major cities of the world- from Dubai to Hong Kong and from Johannesburg to Toronto.

He has also established world's first Mind Training Institute in Ahmedabad. He has successfully trained and launched many Mind Trainers who are spreading his knowledge in the society. He is very fond of travelling and this love for travelling has made him travel more than 30 countries in the world.

His ultimate dream is to establish a Mind University. This university will attract best students and best faculties from all around the world. It will be the epicenter of mind power learning, research and training. This will be his contribution to the benefit of the mankind.

## Dixita Mehta – Introduction

Dixita was born on 12th October 1992 in the spiritual family of Mr. Dilip Mehta and Mrs. Bharti Mehta in Jamnagar, Gujarat. She had a wonderful childhood filled with love and care. Brought up in Rajkot, she studied in one of the best schools in the state, S. N. Kansagra High School.

Her maternal grandfather, Sant Shree Hariram Bapa, was one of the most revered spiritual guru of his time. He has left for heavenly abode on 26th of January 1995, leaving a legacy of a serene Ashram in Ghuneshwar, near Jamnagar, where many social and spiritual events take place. His son, Jaguram Bapa, who is also Dixita's spiritual master, now carries out these activities in the divine presence of her maternal grandmother, Pujya Manimaa. According to Dixita, the environment in which she is brought up has become the sole reason for all her growth and achievements in her life. "Whatever I am, is because of them," says Dixita.

After class 12th she pursued her education in Bachelors of Psychology at Maharaja Sayajirao University, Vadodara. This has provided her with varied experiences in the real world. Her growth as a psychologist started in Vadodara. During her studies in her second year, her life took a new turn when she met Dr. Jeetendra Adhia. Now she is working with him as an assistant trainer and is also helping him in a new project of writing this book as well as developing India's first confidence workshop. Her research ability and her curiosity in life has added extra benefits to this project.

Her father, Mr. Dilip Mehta, lives in Rajkot. He deals in exports-imports as well as successfully runs three healing centers with Korean technology, as a part of his social work.

Through this book she wants to become a builder (oops!). A builder, who builds confidence of others and brightens up their lives.

## **Why this book ? – Dr. Jeetendra Adhia**

During my professional life, as a medial doctor as well as a life coach, I have observed that there is a lack of confidence in the society. Even the people who are at a higher position in the government or society seems to be lacking confidence. Eminent doctors, engineers, chartered accountants, lawyers, judges, police officers and mind trainers find themselves in that long endless list.

I believe progress in life is directly proportionate to the level of self- esteem and self-confidence. I have seen many intelligent and promising students in schools and colleges who eventually lead a very low profile and frustrating life. I have observed them closely and discovered that the reason was none other than lack of self- confidence.

You may not be good at studies but still if you have confidence, you can succeed in life. I had always been an average scoring student throughout my life. In addition to this, I had low self-esteem and a low confidence level. That was the reason why I was leading a very ordinary life till the age of forty. Then I realized what was lacking in me - it was Confidence! So I decided to increase my self-esteem and self-confidence. I kept on trying and I can now confidently declare that I have attained a very comfortable level of self-esteem and confidence. But not everyone is lucky enough to discover by himself what hinders him in his growth and development.

I tried to search for a book or a training program, which is specifically designed to increase self-confidence but I was disappointed. So I decided to do something about it. Writing this book is a crucial step forward in that direction. The second step will be a training program to boost up your confidence. And the third will be confidence-building sessions on one-on-one basis.

I am sure that this book will be a great help to boost up your self-esteem and self-confidence.



## Why this book ? – Dixita Mehta

I met Dr. Jeetendra Adhia just a couple of months back when I first attended his Mind Power Workshop at Vadodara. I was highly impressed by his super confidence on stage during the program. After the program, I met him to congratulate him for his successful training and asked him how could I be as confident as him. He suggested that I should attend his Trainers Training Program and start working as a Trainer like him. I followed his advice and attended his Trainers Training Program. Since then, I am working as his assistant.

One day we were discussing about introducing a new dimension in mind training and he suggested that we can do a better service to the society if we work on confidence building. Even I had the same opinion. I offered him my services in developing and writing a book on this exciting and useful subject. It was a very enriching and rewarding project for me.

I worked day and night and researched very hard. The more I researched into it, the more knowledge I got. My excitement grew many folds, as I knew that I was writing this book with the famous life coach, Dr. Jeetendra Adhia. This was the biggest confidence booster for me.

My life started changing positively the day I started working with Dr. Jeetendra Adhia on this project. A gush of energy continuously flows from him that constantly motivates me to do better and better.

During the recent four years of my student life, I had observed that many of my friends and colleagues lacked the confidence that was required to express their inner talents and knowledge. However, that time even I lacked the knowledge and experience to help them out. I could only feel their pain as I did not know 'how' to remove it. But now is the time wherein I know how to help them acquire self-confidence. Through this book I have taken a small step to reach out to them.

This book is a result of my hard work and Dr Adhia's able guidance. I will never forget his invaluable encouragement, love and care for me. I thank him sincerely for all this from the bottom of my heart.

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# 1

## **Have you experienced any of this in your life?**

When you were a child you were afraid to go to school. You cried in the class and wanted to go back home.

When teacher asked questions, though you knew the answer, you never raised your hand, thinking that you would go wrong if you try to answer.

When you wanted to talk to someone in order to befriend them, you were unable to take even the first small step for initiating that friendship.

When there was a public speaking competition and the teacher announced for enrollment you did not raise your hand. You feared that you would not be able to speak up on stage.

When an adventure camp was organized in the school, you abstained from the camp fearing the accidents and injuries it may bring along.

## Confidence

When you appeared for practical exams, you did not reply boldly. Hence, you scored less.

When you went for a driving test, you were worried that you won't pass, and bingo! you did not drive well. Ultimately, somebody had to push you to try harder. Finally, that's when you passed the test.

When you were in college you liked a beautiful girl. You wanted to be her friend and you secretly fell in love with her. But alas! You could not even gather the courage to go and speak to her casually, forget about proposing her.

You could not tolerate the behavior of someone in your workplace but you did nothing about it.

Sometimes it might have happened that you wanted to complain about some service but you could not raise your voice to protest about these lousy service.

You are not comfortable with your in-laws' behavior, but you do not say anything and tolerate it, just because you dread your spouses' reaction to it.

You have purchased something from the shop and it turns out be defective. Yet you do not go to return it to the shopkeeper. Instead you remain frustrated and abuse the seller.

There were some opportunities, which if grabbed, could have totally changed your life, but you did not take a decision and now you are repentant for it.

**Have you experienced any of this in your life?**

Some of your friends or relatives borrowed money from you and now they are not returning it as per their promise. But you never call them and ask for money, as you are afraid that this act will offend him and ruin your relationship. Why does this happen?

Ah... such gloomy incidents happen to many of us. They shatter us, tear us apart and make us feel that we live a worthless life.

If you have experienced one or more of these incidents, you lack self-esteem or self-confidence.

In this book, we have explained what confidence is all about and have discussed some scientific methods and techniques to enhance your confidence. This book is designed to change your reactions to such situations, so that you can face them boldly.

Happy reading !

More importantly, happy practicing these techniques in your everyday life.

*If I have lost confidence in myself,  
I have the Universe against me.*

*– Ralph Waldo Emerson*

## 2

### Daily observations

Shikha is an eight years old girl, who lives in Jamnagar city. Since birth, she has the habit of sleeping with her parents. She also wets her bed practically every night. She is intelligent enough to understand that this is not acceptable. There is something wrong with her habit. Even her parents are worried about her problem. They visited their family doctor for the solution but the situation still persists.

Neelay, a 9-year old lovely boy, does not like to be outdoors and play with his friends. He likes to stay at home, watch television, and sit silently all by himself. His parents are puzzled- why does Neelay behave like this? They took some help from the counselor but it proved fruitless.

Divya is appearing for her 10th board exam. She scored well till her 9th standard. But recently, she has become very anxious and stressed about the 10th exam. She thinks that she will not be able to pass this

exam. This has led her to sleepless nights and loss of appetite (anorexia).

Nirav is selected in the cricket team to play at the school level. Though he is a very good batsman, he is constantly worried about his scores. His only fear is that he will be out in zero run. Everyone tries to convince him that he will score very high but he has a strong belief that he cannot. This led to his withdrawal from the participation in the inter-school competition.

Rajesh has passed his MBA degree from a renowned institute and is waiting for a good job to start his career. But surprisingly, he is not applying anywhere. Do you know why? Because he thinks that to get a job he has to appear for an interview. And he fears that he cannot face any interviews. So he is avoiding it. This has delayed in getting a job.

Dr. Nishtha is a medical doctor, who has just passed her MBBS and joined a general hospital for a government job. Her boss is very ruthless and gives her a lot of work load. She returns home frustrated everyday, hating herself and even the boss. But she cannot go and confront her boss that she cannot take up this much workload. As a result, she starts losing her health and gets anxious about her future.

Aminesh is an eligible bachelor and his parents are looking for a suitable bride for him. But he is trying to avoid meeting the prospective bride for one reason or another. His parents are worried about this behavior.



## Daily observations

Shweta is a very pretty and kindhearted girl who has just graduated from Mumbai University. She is beauty with brains. She hopes to find an ideal groom for herself. But at the same time, she thinks she is not good enough. Whenever someone comes to see her, she becomes extremely nervous. The family returns with a negative impression about this girl and needless to say, their reply is negative.

Bharti is a happily married housewife, with two smart children. She has done her MSc in microbiology but she does not work. Her in-laws believe that there is no requirement for her to work. She is frustrated sitting idle at home but cannot tell them that she wants to venture outside the house to work. It is not for money but for her own growth and development.

Mr. Rohit is working in a private firm with no good salary. He has to work for more than 12 hours a day. He despises even his job. But he does not resign from the current job and look for a new job. He thinks that his life is worthless. It is better, he thinks, to end this life rather than live like this.

Vijayalaxmi, is in her 60's she has one son and a daughter in law living with her. Her daughter in law does not look after well. She is a silent sufferer in her family, and she prays that someday her situation will improve. She often weeps when she is alone at home.

Do you know the root cause of these problems? They are all because of the lack of self-esteem and self-confidence.

*If you have no confidence in self,  
you are twice defeated in the race of life.*

*With confidence, you have won  
even before you have started.*

*– Marcus Cicero*