

## Reviews WALK TALL

"I had some preconceived notions going into this book but was pleasantly surprised that it wasn't the same old mumbo jumbo. I could relate to everything the author spelled out and she didn't spout any quick fix or simple solutions. She kept it real by explaining Timeless information, great words of wisdom, and excellent advice from, perhaps, the greatest personal development book ever published. The principles can be used for anything that you desire.

Do you feel like a lack of confidence is holding you back in life? Do you often find yourself waiting to feel ready before you go after your goals? Do fear and anxiety keep you stuck?

If so, Walk Tall: Create Your Own Self-Confidence may likely change the way you've been doing life.

Walk Tall is a beautiful guide for anyone who likes to know how simple it actually is to build your own self-confidence. It teaches the power to have confidence. An inspirational guide that will help you achieve your goals.

It did take me a while to finish this one because it encourages the reader to reflect and fully engage throughout \*not a shocker since it's all about actions and mindful engagement\*. GREAT read. I confidently recommend this book for anyone who is willing and ready (or even unwilling and not ready quite yet!) to fill the confidence gap."

***-Shiny Jain, Shiny.1997***

"Walk Tall is a well-thought-out book that effectively condenses valuable lessons on how to build your confidence with simple understandings. Carry this book with you and study it every day and you may find that you, too, are standing tall."

***Peggy McColl, New York Times Best Selling Author & Author of Savy Wisdom***

"I enjoyed this book, this is definitely an inspiration to anyone, young or old. Not only is this book pleasant to read but taught me new concepts I hadn't learned before reading. One lesson from this book that impacted me the most was that you have to let go of whatever anger or guilt you have towards someone or something in order to become the person you want to be. The world can be what you create it to be, but only if you allow it. If you have been struggling with finding confidence or inspiration, this is the book to read."

***-Mary F. Rhodes***

"From start to finish, Walk Tall; Create Your Own Confidence, in short, is powerful. Walk Tall teaches the power to have confidence in oneself. This Book is a journey to discover what it means to be confident, finding inspiration, and become someone better, someone you have always strived to be. The book highlights specific steps to find inspiration, such as identifying the goal you want to achieve and how to live with and achieve that goal. Personally, confidence is something that I have been struggling with for years. Whether it be about finding the confidence to speak up for myself or even something as simple as being confident in front of others. After reading this book, I realized that once you learn to accept and love yourself, others will do the same. Realistically, no one can change themselves over night, yet Walk Tall gives all the steps and motivation to reach whatever that goal may be. I strongly recommend this book to anyone. It is detailed and easy to understand, as definitions and explanations are provided in the book. Even if you do not like to read, think of it as less of a book and more of a personal growth guide. Either way, Walk Tall will help you find the motivation and inspiration you didn't even know you had."

***-Jhana Rhodes***

"As someone who have studied this type of belief system my whole life, even I learned much from this book. Walk Tall both goes into great depth of wisdom and still maintains a simplicity of execution. That is very difficult to accomplish. Amazing."

***-Deb Birdsall, Author of Overcoming My Mother's Addictions***

“Very proud of my daughter. She wrote a book that everyone can understand, focusing on difficult emotional issues that can be solved with simple, innovative down to Earth models. Very easy to read and inspiring. Everyone should read it.”

**-Gerda Bergman**

"This book is inspirational and will help you achieve your goals and be confident in doing so. Therefore, if you love yourself and surround yourself with the right people, thru self discovery, the sky is the limit. Also, I love the references to Albert Einstein."

**-Paula Sapp**

"A well-written self-help book that helps you with strength and self-confidence. Ki is your host's book is fantastic and easy to read and filled with her own experiences and relevant quotes from Einstein. An important topic about living in the present, free of negative thoughts. She shows the way attract the good life you want, through emotions and the strength of your thoughts. Highly recommended."

**-Eva H. Hertel**

"The book Walk Tall is a fantastic little manual that I can take with me and get advice from whenever I wish and need. The models in the book are easily understandable and useful. The book does not contain a lot of padding but is short and concise. Can highly recommend this book."

**-Helena Brandt**

"Walk Tall should be in deck format, easy to carry with you in your pocket or handbag. An inspiring book that makes me want to take care of a lot of broken pieces in my life. I think I have good confidence but I have so much more capacity to improve it. Also doing a big cleaning in my surroundings would be good. An eye-opener, energy thief, there's plenty when I look around at my surroundings. Feeling a redeeming force, wants to go out and shout To kwanda as Katy Bates does in the film Fried Green Tomatoes at Whistle stop Cafe, when she is about to free herself from anything that bothers her in her liberating development."

***-Annlouise Welin***

"A small yet useful book trying to teach a very valuable skill one should work on i.e. building self-confidence. Throughout the book, the author shares her stories about her lack of confidence and how she has overcome it and was able to rise above all since her childhood. So how the book will serve you? This book will help you to learn the following:

1. the importance of "now" which is the only time dimension we have access to. Rests are just your "thoughts".
2. How self-love affects your self-confidence.
3. What change in your shift in mindset, from negative to positive, can bring in your life.
4. Why the growth-oriented mind is a necessity for everyone.
5. The 4 stairs of confidence.
6. Useful strategies for you to build confidence and much more.

What did I like the most in this book?

The "confidence stair" author has shared in this book is something new I learned from this book.

Now the important question is: who should read this? I personally believe this book is a good one for beginners to start reading. The small size and useful knowledge make it perfect for beginners. But if you have already read many books on self-help then this might not be useful to you."

***-Shiromani Kant, readerpreneur.in***

"The book is written beautifully in offering simple, practical advice on healing the inner mind by understanding the cause and root of limiting beliefs and self sabotaging habits that block many from becoming happier, better versions of themselves. By reprogramming my mindset and the thoughts that plague me on a daily basis, I am more self aware to use every situation whether good or bad to my advantage. A must read for anyone who is seeking self love and happiness within themselves."

***-Kim Walker***

"I've been doing a lot of meditation to build confidence, but I still found new things in the book. The best part is that it is so easy to read that you can read it several times and get new thoughts every time. I highly recommend it, and especially for those who want something easily accessible within self-help."

***-Gunmarie Persson***

"The book has a positive message and a very nice layout for looking at life in a new way. I like the Albert Einstein quotes, albeit there were a few of them and this seems like a really good book for someone wanting to better themselves. Overall, it is a good book!"

***-Jacary Lundy***

"A great book! I don't like to read long books and a lot of text so this is perfect for me. The book gave me several new thoughts that make it easier for me to sort things in my life. Great! Read it!"

***-Mikael Svensson***

"Walk Tall introduces a set of keys for start make impact inside out to turn chapter and level-up. It's easy to relate to events and apply to start getting unstuck. I love the concept "act as if it already is". I believe Ki is your host use words to point out actionable concepts grounded in best practices. I wish I would have had access to this book when I was younger."

***-Erika Brandt, Dreamovator @ Dreamovation.se***

"By describing how to build your self-confidence in a straightforward, vivid, and engaging way, Walk Tall becomes an excellent read for anyone who is looking to take control over their future. WalkTall has an important message and leaves the reader filled with both empowerment and new energy."

***-Michaela Hoernfeldt***

"I had the pleasure of meeting Ki is your host through our mentor, *New York Times* Bestselling Author, Peggy McColl. Ki always had a question at every one of our group calls, and I just had to connect with her personally. Ki exudes confidence, positivity, and an oh-so-familiar curiosity of always looking for ways to share these gifts with others. This book is a great reminder that we are all equally capable of being confident, positive, and happy, You do not have to be famous, rich, or well known to experience such feelings. CHOOSE to be! Get this book to help you make a better world for yourself."

***-Your Joy Aficionada and Amazon Bestselling Author, Olga Dewar***

"Me and my son really needed this....if you only knew."

***-Yolanda McKenney***

"Walk Tall by Ki is your host is the book to be. The book oozes confidence and probably is the best book for growth, development, anything like that. It speaks about the hardships and points in life where you might want to give up. But it gives courage and a positive light to what will come and how to succeed. I also love the stories. Ki is your host mentions about her life as the book goes on. It gives a nice warm feeling to the book as if you could relate to the stories. The quotes put in there by Albert Einstein gives it a great touch. It keeps the reader going and helps in the journey to confidence. I recommend this book to any and everyone. And to those who might need some guidance in their life."

***-Gabbi Sneed***

“Want to walk more confidently through life’s ups and downs? Then read this! This book makes the daunting situations of everyday life easier to handle. A short easy and captivating read. This book helps you to let go of the negative aspects of your life and focus on the areas of greatness. The book will help you to become unstoppable!”

***-Power By Books***

“Walk tall is the short and simple guide that will help you build self-confidence from the inside out. It’s not a book about the “fake it till you make it” attitude but instead teaches you the fundamentals of self-confidence through self-love, awareness, attachments, and your thoughts. And will help you “Walk tall” by instilling the right behaviors within you. This book is short and surprisingly very insightful. It’s a book you want to keep with you at all times. The author doesn’t beat around the bush and still manages to deliver the message with utmost clarity. So if you want a short and simple guide to confidence then do read this book.”

***-Chirag Malik – Books My Refuge***

“It’s a good short read and was good to remind and refresh yourself of what you are capable of and put it to practice.”

***-Ann***

“Walk tall - create your own self-confidence by 'Ki Is Your Host' is a guide to help the reader gain confidence and walk tall in all aspects of life. It takes on daunting situations that we often face and points out how our thoughts affect our actions. The author starts at the very beginning of the journey by dealing with the removal of unhelpful things before moving on to the much more nuanced aspects of gaining self-confidence. It provides a practical guide; walking the reader through identifying the problem, understanding why it is a problem and proceeds to explain the ways to overcome it.

The book comes with several endorsements along with bits and pieces of the author's own experiences. The author seems to know what she is talking about, given the varied experiences that are cited in the book itself.

It also deals with a lot of new concepts like the confidence stairs. Sprinkled with bits of wisdom from Albert Einstein, the book presents itself as a way of attaining self-confidence.

I liked how the book was almost like an activity book. It is designed in such a way that the reader can follow along with a pen and paper and at the end, figure out exactly what needs to be done. The author has provided several images that effectively illustrate the concepts dealt with, further reinforcing the ideas. The book doesn't state any rules. Instead, it provides guidelines that can be followed and tweaked as necessary to suit a person's unique situation. The author also provides examples of real-life scenarios where the principles can be applied.

The only thing I disliked about the book was that it seemed to be repetitive. Apart from this, the ideas seemed to be a little generalized, although generalization is inevitable when dealing with such a big issue, and the author does provide examples of how it can be personalized.

I rate Walk tall - create your own self-confidence three out of four stars because despite being a very good self-help guide, it does have the flaws mentioned above. The book is extremely motivating and inspiring. It seems to be professionally edited and stays away from profanity and religious beliefs. I recommend this book to anyone who is looking to improve their confidence, whether they are just starting with this journey or are looking to improve their confidence further, as the book deals with every step of the way.”

***-Daphne Asir – Online BookClub***

“This short yet impactful guide is all about how one can create, nurture and build unbreakable self-confidence.

It is divided into 7 short and insightful chapters that cover all the ground that helps you strengthen your thoughts which is the ultimate root of building solid self-confidence.



### Main Highlights:

The founding layer of creating a solid self-confidence is to get rid of all those things that don't serve you. Because if you don't let them go then your thoughts will be surrounded along with these negativities and thus, all the good things will be squeezed out.

What we radiate out is what we receive back to ourselves, the energy you radiate in this world will attract the people having the same frequencies and energy, hence, radiate positivity to attract the same people and that's the reason why a friendly smile is answered with a friendly smile.

Normally we lack self-confidence or feel insecure in those situations which we haven't faced before. And the best way to overcome this is by putting yourself through scenario-based training where you analyze which situations will occur and thus prepare yourself for them and hence when the actual situation comes you will feel more confident.

Best Quote from the book: "Your thoughts are your strongest weapon. Thoughts are stronger than anything else, so it is your thoughts that you need to practice-changing."

My Thoughts: I think this book was really worth reading, The authors' style of writing was really up to the mark that didn't make this even a little boring, And yeah I got to learn some new things like awareness and radiations, so it was a perfect book.

Who Should Read This: Any newbie reader who is searching for a short yet impactful book on the power of thoughts and yeah also for those who want to build a higher self-confidence."

***-SelfHelp Reads***

“This is a very small book but very informative and useful. This book teaches us "How To Build The Self-Confidence". Throughout the book, the author shares her personal stories about her lack of confidence and how she has overcome it and was able to rise above all since her childhood.

Who should read this?

This book is good for beginners in reading and targets people with less confidence.”

**-Reader Student**

“Lack of Confidence or Low Self Esteem is a problem that most of us face at some point in our life.

And what if we had a small guide, that would help us regain our confidence and be our best.

Well, Walk Tall is a small book that deals with how to act when you don't feel confident enough.

In this book, the author talks about different mental models. And techniques, to deal with the lack of self - confidence.

Now, who should read this book?

Anyone who thinks, that they lack confidence.

And who should avoid it?

Anyone who had already read a lot of self-help books.”

**-Shubham Jena – the book ledge**

“Well written guide to attain self-confidence. The book comes with illustrations, steps to follow along and ways to practically apply the concepts. Perfect for anyone looking into this topic as it starts from the very basics!”

**-Daphne Asir – Online Book Club (for Amazon)**

"When several people look at you a certain way at the same time, their opinion or judgement can suddenly become a reality."

Have you thought who is ultimately responsible for the successes or failures in life? Do you want to walk all the more unhesitatingly through life's high and low points?

'Walk tall' is a book that takes your hand and teaches you to improve and find yourself, before actually finding meaning of life.

This book makes the overwhelming circumstances of regular day to day existence, simpler to deal with. A short simple and enrapturing read. This book assists you with relinquishing the negative parts of your life and spotlight on the spaces of significance. It takes on overwhelming circumstances that we regularly face and calls attention to what our contemplations mean for our activities.

The author begins at the absolute starting point of the excursion by managing the evacuation of pointless things prior to proceeding onward to the substantially more nuanced parts of acquiring self-assurance. It gives a reasonable guide; strolling the reader through recognizing the issue, understanding why it is an issue and continues to disclose the approaches to conquer it.

The book accompanies a few supports alongside pieces and bits of the writer's own encounters. It additionally manages a great deal of new ideas like the certainty steps. Sprinkled with pieces of insight from Albert Einstein, the book introduces itself as a method of achieving fearlessness.

I loved the wonderful way the book was practically similar to a movement book. It is planned so that the reader can track with a pen and paper and toward the end, sort out precisely what should be finished. The writer has given a few pictures that viably show the ideas managed, further building up the thoughts.

The lone thing I detested about the book was that it was by all accounts tedious. Aside from this, the thoughts appeared to be somewhat repetitive.

I like that the writer doesn't force her convictions on pursuers, yet, gives rules that they can receive to advance their circumstance.

There are many who shall be confronting tough spots with the aid of this book.”

**-Book Readers Club**

“This is a very small book but very informative and useful. This book teaches us a very important skill of "How to build Self confidence"

At the end of this book, she shares a strengthening process that has worked on several of her friends, as well as people she has met from around the world. This process has also worked for the youths she have trained to reach elite levels in various sports, as well as for business leaders.

Why you should read this book?

If you are facing a problem in letting go the past and your confidence have gone down because, you faced some serious events in the past e.g "Death of a dear one" Then, this is "Go to read" Book for you.

This book also teaches us the importance of understanding "Past is just a thought"

Very small but effective.”

**-Its Books Gains**

“Anyone who wants to can decide to become confident, and I will share with you exactly how to proceed, step by step. It’s surprisingly simple. All you have to do is practice these steps and implement them into your daily life - ki is your host

Walk Tall by [@kiisyourhost](#) will help you understand that it's not upto others how you feel or act in any given circumstance. But it's always on you!

You can always decide and change your perspective to change your life.

This book is a small but powerful book for people who wants to let go and shift their mindset.

So if you are a beginner and want to start reading you can go for this small but interesting book to build confidence.”

***-Booksparkled***

“This guide walks you through various everyday situations that can often seem daunting. By using the steps and methods put forward by Ki is your host, anyone can walk more confidently through the ups and downs of life. Anyone can walk tall! In this short and to-the-point guide to self-assurance, Ki is your host takes readers through the simple—but not often practiced—steps to developing more confidence and determination. Who is ultimately responsible for the successes or failures in life? Should it be up to others to decide how you feel or act in any given circumstance? Of course not. It’s on you! But worry not, for the task is not unachievable for anyone! The meaning and experiences we take away from life are the result of the energy we put out into the universe. Letting go of the negatives aspects of our lives frees us up to pursue greatness, and nothing short of greatness is what we shall receive. Of course, this is easier said than done, but like any other habit, practice is the key to developing positive traits. Be unstoppable because you can!”

***-Tanishq Rajmani, Officialtanishq***

“Walk Tall-Create Your Own Self-Confidence by @kiisyourhost is a mini step-by-step guide for the readers to develop self-confidence and self-esteem. The book tries to serve the purpose of helping readers in starting a new journey with confidence or help to improve their confidence further. It is more of an activity book that serves as a key to gain habits that could lead one to a happy, comfortable, and confident life. The writing style of the book is beautiful, simple, and practical. The author shares her own life experiences in this book.

#### WHO SHOULD READ WALK TALL?

**Beginners:** ‘Walk Tall’ is perfect for those who want to start developing reading as a hobby. If you do not prefer long-text or reading, ‘Walk Tall’ is perfect, to begin with.

**Anyone looking for personal growth:** ‘Walk tall’ is for anyone who is seeking personal growth and self-development. The book entitled various techniques and models that help you with gaining self-confidence and overall development.

**Inspiration-seekers:** The books subconsciously, help the reader to find inspiration from the situations and have a positive outlook towards them. If you are looking for a way to gain self-confidence or improve it further, this book deals with every issue you might face.

#### Why Read Walk Tall?

‘Walk Tall’ is a powerful tool to discover self-confidence, inspiration, and how it will guide you to your goals.

The book will help the reader in (i) identification of the problem, (ii) understanding the root cause of the problem, and (iii) steps to overcome it. The book shares a brand new concept of ‘confidence stairs’ that could help your guide through various difficult situations in life.

The book helps the readers discover a journey to attain self-confidence and teaches the wonders of motivation.

**Rating:-** ☆☆☆☆/5

**-Ankur Sharma, Buyer Books**