

Heal yourself with Shantel Lou's 'The Art Of Being Unbothered: How To Wear An Armor Of Confidence Against Negativity'

Shantel Lou frees people from their childhood traumas with the book, 'The Art Of Being Unbothered: How To Wear An Armor Of Confidence Against Negativity'.

THE ART OF BEING **UNBOTHERED**



HOW TO WEAR AN ARMOR OF
CONFIDENCE AGAINST NEGATIVITY



SHANTEL LOU

Tamarac, Florida Jan 22, 2022 (IssueWire.com) - Childhood traumas play a huge role in the formation of someone's personality and self-esteem. Growing up in an insecure environment can lead people to have extremely low self-esteem and struggle to achieve their life goals. Having faced similar situations in life, author **Shantel Lou** has penned down her thoughts in her newest book, '[The Art Of Being Unbothered: How To Wear An Armor Of Confidence Against Negativity](#)', published on Amazon and available on both Kindle and Paperback. Her incredible penmanship is showcased through her writing style and storytelling ability that make the book an intriguing read. She aims to heal millions of people going through the unbearable burden of childhood traumas and let them know they are not alone in their struggle with her guide to freedom.

The naturally creative author has put a lot of effort into coming up with the book. She has used her own experiences as well as put thousands of hours into studying others and the subject to craft a perfect guide that will lead the readers to break away from their deep-rooted shackles and unlock their true potential. She grew up in a toxic environment with a hard-to-please father who was not only narcissistic but controlling as well. She talks about her own sufferings and what it did to her self-esteem as well as what she did to break away from that life and acquire success. She had always been a creative person and now she is doing what she wanted, which is expressing her thoughts and emotions through literature.

In her book, '**The Art Of Being Unbothered: How To Wear An Armor Of Confidence Against Negativity**', the talented author **Shantel Lou** helps the readers identify their deep-rooted traumas that are the reasons behind their guilt, self-loathing and blaming, shame, and inability to move on with their life. She encourages the readers to work on self-forgiveness, come out of the protective wall that they have built around them, and self-love and acceptance. She wants her readers to fulfill all their dreams and be victorious in their life battles. The book can be found on Amazon. Follow her on [Facebook](#) and [Instagram](#) to stay connected.

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