

## The Confidence Gap A Guide To Overcoming Fear And Self Doubt

How do expert teachers do it? How do they enhance student learning? How do they manage the dilemmas and tensions inherent in working with 25 different students in every lesson? Internationally respected teacher educator John Loughran argues that teachers' knowledge of what they do is largely tacit and often misunderstood. In this book, he distils the essence of professional practice for classroom teachers. Drawing on the best research on pedagogy, he outlines the crucial principles of teaching and learning, and shows how they are translated into practice using real classroom examples. He emphasises that teaching procedures need to be part of an integrated approach, so that they are genuinely meaningful and result in learning. Throughout, he shows how teachers can engage their students in ways that create a real 'need to know', and a desire to become active learners. What Expert Teachers Do is for teachers who want to become really accomplished practitioners.

"A personal, provocative, and challenging book for career women who want less guilt, more life." —Diane Sawyer Womenomics, the groundbreaking New York Times bestseller by Claire Shipman and Katty Kay, is an invaluable guide for this generation of professional women, provide knowledgeable advice on how to "Work Less, Achieve More, Live Better." Shipman and Kay, two TV journalists well acquainted with the stress of the workplace, describe the new economic trends that offer today's overworked working women more professional and personal choices than ever before. At last, you no longer have to do it all to have it all—Womenomics shows you how.

The bestselling motivational guide that TheAtlantic.com calls "a rallying cry for women to get the money they deserve." Why are women so often overlooked and underpaid? What are the real reasons men get raises more often than women? How can women ask for -- and actually get--the money, the job, the recognition they deserve? Prompted by her own experience as cohost of Morning Joe, Mika Brzezinski asked a wide range of successful women to share the critical lessons they learned while moving up in their fields. Power players such as Facebook's Sheryl Sandberg, Senator Elizabeth Warren, Harvard's Victoria Budson, comedian Susie Essman, and many more shared their surprising personal stories. They spoke candidly about why women are paid less and the pitfalls women face -- and play into. Now expanded to address gender dynamics in the #MeToo era, Know Your Value blends compelling personal stories with the latest research on why many women don't negotiate their compensation, why negotiating aggressively usually backfires, and what can be done about it. For any woman who has ever wondered if her desire to be liked can be a liability (yes), if there is a way to reclaim her contribution after it's been co-opted in a meeting (yes), and if there are strategies men use to get ahead that women should too (yes!), Know Your Value provides vital advice to help women be their own best advocates. Explains the six ACT processes--cognitive fusion, acceptance, contact with the present moment, observing the self, discovering individual values, committed action--and how to implement them.

For a scientist committed to empirical evaluation, it is important to show that materials can be helpful outside the context of a therapeutic relationship, so, generally speaking, we know that a book like this is likely to be helpful. Several of the specific components in this book have been tested, sometimes in a form very similar to the way you are contacting this material. For example, several studies evaluated the impact of short passages drawn nearly word for word from ACT materials (very similar to what you've read) that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies looked at the distress produced by difficult or intrusive cognitions, or clinically relevant anxiety. Some were done with patients, others with normal populations. The specific ACT components that have been examined so far include defusion, acceptance, mind-fulness, and values. The techniques included exercises, metaphors, and rationales, including several that can be found in this book (e.g., word repetition, physicalizing, leaves on a stream, the quicksand metaphor, the Chinese finger trap metaphor, and so forth). Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of the context of a therapeutic relationship, when presented in a form similar to the form in which you have contacted this material.

Sometimes, it can feel like life holds endless setbacks and challenges; like reality is continually slapping you in the face and causing pain that you aren't equipped to handle. This 'reality slap' can take many forms, from the death of a loved one to the loss of a job, from loneliness to rejection. And whatever form it takes, it hurts! With constructive methods based on real world research, this guide gives you the tools to rebuild your life and thrive after serious setbacks. Ten years after the success of its first edition, this fully updated and rewritten edition of The Reality Slap contains a new wealth of advanced expertise on coping effectively when life hurts. Dr Russ Harris shows you how to apply the scientifically proven methods of Acceptance and Commitment Therapy in your daily life and reconnect with yourself and others. Written in a kind, supportive voice with lots of examples and exercises, this timely self-help book contains mindfulness wisdom, hands-on advice and case studies. Every aspect of the book is designed to be accessible and simple to implement so that you can comprehensively tackle emotions arising from setbacks. If you are facing difficulty and don't know where to turn, The Reality Slap is the essential guide to finding happiness and fulfilment. Learn how to heal from your pain and come out stronger than before with this powerful book that might just change your life.

Why are some people more successful than others? Self-confidence! What one great goal would you set if you knew you could not fail? What wonderful things would you want to do with your life if you were guaranteed success in anything you attempted? Your level of self-confidence determines the size of the goals you set, the energy and determination that you focus on achieving them, and the amount of persistence you apply to overcoming every obstacle. In this powerful, practical book based on work with more than 5 million executives, entrepreneurs, sales professionals, and ambitious people in more than sixty countries, you learn how to develop unshakable self-confidence in every area of your life. The Power of Self-Confidence explains how to increase your "mental fitness" by thinking like top performers in every field. Little by little, you build up and maintain ever-higher levels of self-confidence in everything you do. Self-confidence allows you to move out of your comfort zone and take risks without any guarantees. With step-by-step guidance, author Brian Tracy will help you build the foundations of lifelong self-confidence. You discover how to determine what you really want, and unleash your personal powers to accomplish it. You'll learn how to: Clarify and live consistently with your values to become the very best person you could possibly be Set clear goals and make written plans to accomplish them Commit yourself to mastery in your chosen field and to lifelong personal improvement Program your subconscious mind to respond in a positive and constructive way to every problem or difficulty Minimize your weaknesses and maximize your strengths for higher achievement Develop high levels of courage and incredible persistence Become unstoppable, irresistible, and unafraid in every area of your life through the power of unshakable self-confidence. Become a person of action, overcome any obstacle, and scale any height. With your newfound unshakable self-confidence, you will accomplish every goal you can set for yourself.

Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients. In Getting Unstuck in ACT, psychotherapist and bestselling author of ACT Made Simple, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients

may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

Practical skills grounded in acceptance and commitment therapy (ACT) to help you bounce back when life knocks you down. Whether it's the loss of a loved one or a job, the end of a relationship, a pandemic, or a natural disaster--nothing really prepares us for those moments when life hits hard and turns our world upside down. The good news is that you can move forward. There are tools you can use to find your way back from despair and live a fulfilling life. In this candid self-help guide, psychotherapist Russ Harris offers powerful and doable skills grounded in evidence-based ACT to help you recover from grief, loss, and crisis; transcend your pain and suffering; and build a rich and meaningful life--even in the face of adversity. You'll also find tools to help you deal with painful memories, create your own healing "grief rituals," and transform difficult emotions into unexpected allies. Finally, you'll learn how mindfulness and self-compassion can help keep you grounded, even when it seems like your world is in free fall. If you're ready to start building the resilience needed to heal from loss or thrive in the face of adversity, this guide will show you how to get there, one step at a time.

Kristin Neff PhD, is a professor in human development whose 10 years' of research forms the basis of her timely and highly readable book. Self Compassion offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness. Self Compassion recognises that we all have weaknesses and limitations, but in accepting this we can discover new ways to achieve improved self confidence, contentment and reach our highest potential. Simply, easily and compassionately. Kristin Neff's expert and practical advice offers a completely new set of personal development tools that will benefit everyone. 'A portable friend to all readers ... who need to learn that the Golden Rule works only if it's reversible: We must learn to treat ourselves as well as we wish to treat others.' Gloria Steinem 'A beautiful book that helps us all see the way to cure the world - one person at a time - starting with yourself. Read it and start the journey.' Rosie O'Donnell

As he did in WHO NOT HOW, Dr. Benjamin Hardy shares one of Dan Sullivan's simple yet profound teachings that until now has been known only to his Strategic Coach clients: unsuccessful people focus on "The Gap," but successful people focus on "The Gain." "[T]his one simple concept is a masterclass on positive psychology, healthy relationships, mental well-being, and high-performance. Everything that psychologists know about how to create a high-functioning and successful person can be achieved using The GAP and the GAIN." - Dr. Benjamin Hardy Most people, especially highly ambitious people, are unhappy because of how they measure their progress. We all have an "ideal," a moving target that is always out of reach. When we measure ourselves against that ideal, we're in "the GAP." However, when we measure ourselves against our previous selves, we're in "the GAIN." That is where the GAP and the GAIN concept comes in. It was developed by legendary entrepreneur coach Dan Sullivan and is based on his work with tens of thousands of successful entrepreneurs. When Dan's coaching clients periodically take stock of all that they've accomplished--both personally and professionally--they are often shocked at how much they have actually achieved. They weren't able to appreciate their progress because no matter how much they were getting done, they were usually measuring themselves against their ideals or goals. In this book you will learn that measuring your current self vs. your former self has enormous psychological benefits. And that's really the key to this deceptively simple yet multi-layered concept that will have you feeling good, feeling grateful, and feeling like you are making progress even when times are tough, which will in turn bolster motivation, confidence, and future success. If you're finding that happiness eludes you no matter how much you've achieved, then learning this easy mindset shift will set you on a life-changing path to greater fulfillment and success.

A grounded and valuable approach to life in general, The Confidence Gap tackles commonly experienced difficulties in building confidence, staying motivated, living true to our values and harnessing fear. Harris is relentless about mindfulness, showing how an awareness of the small things paves the way for great success. What does this ZIP Reads Summary Include? - Synopsis of the original book - A detailed overview of each section - The 10 Rules for Confidence - Key themes & analysis of the rules - How to apply the rules in your daily life with specific mindfulness techniques - Background on the original author Confidence is a game changer and a key component in living the best life possible. So what if you don't have it? Russ Harris shows us where the confidence gap has taken root and how we can overcome the myths it has entrenched in a success-driven society. Grounded and flexible in his approach, Harris starts a conversation about making friends with difficult feelings and accepting the mind's relentless 'radio' commentary; while defusing fear and self-judgement with openness. He highlights simple steps to achieving genuine confidence, based on a pattern of mindful, values-based living; with a spark of curiosity and a long overdue reality check. DISCLAIMER: This book is intended as a companion to, not a replacement for, *The Confidence Gap*. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way.

A positive psychology expert's approachable and game-changing guide to wiring your brain for a more action-oriented kind of confidence that boosts your courage to act, even when you're feeling afraid.

Right now, 70% of Americans aren't passionate about their work and are desperately longing for meaning and purpose. They're sick of "average" and know there's something better out there, but they just don't know how to reach it. One basic principle?The Proximity Principle?can change everything you thought you knew about pursuing a career you love. In his latest book, The Proximity Principle, national radio host and career expert Ken Coleman provides a simple plan of how positioning yourself near the right people and places can help you land the job you love. Forget the traditional career advice you've heard! Networking, handing out business cards, and updating your online profile do nothing to set you apart from other candidates. Ken will show you how to be intentional and genuine about the connections you make with a fresh, unexpected take on resumes and the job interview process. You'll discover the five people you

should look for and the four best places to grow, learn, practice, and perform so you can step into the role you were created to fill. After reading *The Proximity Principle*, you'll know how to connect with the right people and put yourself in the right places, so opportunities will come and you'll be prepared to take them.

An unconventional business book for the rebels and misfits—the Rare Breeds—who don't fit the traditional mold, offering an approach that's anything but business as usual. "Brazen rant!" -- Seth Godin, New York Times bestselling author of *This is Marketing* and *What to Do When It's Your Turn* In every job you've ever had, you've been judged, labeled, and made to feel like an outsider. Defiant. Dangerous. Different. A real pain-in-the-ass. The message? To be successful, you've got to fundamentally change. But what if -- instead of conforming -- you learned how to punch society's codes in the nose, run like a hooligan through the corridors of entrenched power, and succeed -- not by grinding down your prickly parts, but by going all-in on who you really are? "A guide for strategic rebellion." -- Mark Levy, founder of Levy Innovation and creator of *Your Big Sexy Idea*® Meet Sunny Bonnell and Ashleigh Hansberger, award-winning global brand consultants, founders of *Motto*, and authors of *Rare Breed: A Guide to Success for the Defiant, Dangerous, and Different*. In this book, you'll come face-to-face with seven controversial virtues that are typically seen as ladder-burning, career-ending personality traits that -- convention says -- keep mavericks, oddballs, and visionaries like you from getting along, getting buy-in, and getting ahead. "A beautiful reminder that you are not alone." -- Charlamagne Tha God, New York Times bestselling author of *Black Privilege* Sunny and Ashleigh provide singular insight into how you can flip the script and turn your so-called "vices" into your virtues, transforming your most "undesirable" flaws into the high-octane fuel of your success. In a world that wants to own you, you'll finally learn how to own yourself, through embracing all your parts -- not just the pretty ones. College dropouts and social misfits Sunny and Ashleigh provide front-row seats to their own counterintuitive rise from broke-ass outsiders to brand consultants for iconic brands. Success, they show you, is no longer the sole purview of the Harvard MBA graduate. Your ticket to ride resides within the side of you that's disorderly, independent, and rogue. Deep down, you've always been the kid to point out when the emperor has no clothes. Yet, time and time again you've been faced with the consequences of deviating from social expectations. This is a new conversation for a new era. What would happen if, starting today, you walked away from the sheeple? What could you build?

Popular myths about love set us up for a struggle with real life. The inconvenient truth is there's no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn't mean you can't have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness-based acceptance and commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

Popular myths about happiness directly contribute to our epidemic of stress, anxiety and depression - and some popular remedies are making it even worse! In his original bestselling self-help book, Dr Russ Harris revealed how millions of people are unwittingly caught in 'The Happiness Trap'. He then provided an effective means to escape: ACT (or Acceptance and Commitment Therapy) based on the principles of mindfulness. Now, in *The Happiness Trap Pocketbook*, Dr Harris joins forces with acclaimed illustrator and self-help author, Bev Aislett, to produce this illustrated, engaging and genuinely helpful guide to breaking free of 'the happiness trap' and finding a true sense of wellbeing.

A NEW YORK TIMES NOTABLE BOOK OF THE YEAR When Peggy Orenstein's now-classic examination of young girls and self-esteem was first published, it set off a groundswell that continues to this day. Inspired by an American Association of University Women survey that showed a steep decline in confidence as girls reach adolescence, Orenstein set out to explore the obstacles girls face--in school, in the home, and in our culture. For this intimate, girls' eye view of the world, Orenstein spent months observing and interviewing eighth-graders from two ethnically disparate communities, seeking to discover what was causing girls to fall into traditional patterns of self-censorship and self-doubt. By taking us into the lives of real young women who are struggling with eating disorders, sexual harassment, and declining academic achievement, Orenstein brings the disturbing statistics to life with the skill and flair of an experienced journalist. Uncovering the adolescent roots of issues that remain important to American women throughout their lives, this groundbreaking book challenges us to change the way we raise and educate girls.

The "reality slap" takes many different forms. Sometimes, it's more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it's a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. But whatever form your reality slap takes, one thing's for sure—it hurts! And most of us don't deal with the pain very well. *The Reality Slap* offers a four-part path for healing from crises based on acceptance and commitment therapy. In these pages, you will learn how to:

- Find peace in the midst of your pain
- Rediscover calm in the midst of chaos
- Turn difficult emotions into wisdom and compassion
- Find fulfillment, even when you can't get what you want
- Heal your wounds and emerge stronger than before

Unlike some self-help books that claim you can have everything you ever wanted in life, if you only put your mind to it, this book claims that you can't have everything in life. The hard truth of this world is that we are all going to experience disappointment, frustration, failure, loss, rejection, illness, injury, aging, and death at some point. However, in spite of all this, you can still lead a rich and rewarding life. Let this book be your guide.

'Offers a frank and funny approach to the ins and outs of anxiety - what it is, why it happens, and how to manage it. I love Caroline Foran's message of self-acceptance and leaning into mental illness rather than trying to outrun it. Highly recommended!' Sarah Knight, bestselling author of *Calm the F\*\*k Down* THE NUMBER ONE BESTSELLER - A bullshit free perspective and a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the surface. Here, she chronicles her experiences. From being unable to cope with the thought of venturing outside, to walking away from her fast-paced job, to the different, and sometimes controversial, treatments available - from Cognitive Behavioural Therapy to acupuncture to medication - Caroline shows us how she eventually found a way of owning her anxiety so that it doesn't own her. With extensive research and help from the experts, *Owning It* is written with honesty and a bullshit-free perspective; consider it your ultimate, practical guide that aims to get you feeling good again.

Greece in the age of Heroes. Patroclus, an awkward young prince, has been exiled to the kingdom of Phthia. Here he is nobody, just another unwanted boy living in the shadow of King Peleus and his golden son, Achilles. Achilles, 'best of all the Greeks', is everything Patroclus is not - strong, beautiful, the child of a goddess - and by all rights their paths should never cross. Yet one

day, Achilles takes the shamed prince under his wing and soon their tentative companionship gives way to a steadfast friendship. As they grow into young men skilled in the arts of war and medicine, their bond blossoms into something far deeper - despite the displeasure of Achilles's mother Thetis, a cruel and deathly pale sea goddess with a hatred of mortals. Fate is never far from the heels of Achilles. When word comes that Helen of Sparta has been kidnapped, the men of Greece are called upon to lay siege to Troy in her name. Seduced by the promise of a glorious destiny, Achilles joins their cause, Torn between love and fear for his friend, Patroclus follows Achilles into war, little knowing that the years that follow will test everything they have learned, everything they hold dear. And that, before he is ready, he will be forced to surrender his friend to the hands of Fate. Profoundly moving and breathtakingly original, this rendering of the epic Trojan War is a dazzling feat of the imagination, a devastating love story, and an almighty battle between gods and kings, peace and glory, immortal fame and the human heart. Following the success of *Lean In* and *Why Women Should Rule the World*, the authors of the bestselling *Womenomics* provide an informative and practical guide to understanding the importance of confidence—and learning how to achieve it—for women of all ages and at all stages of their career. Working women today are better educated and more well qualified than ever before. Yet men still predominate in the corporate world. In *The Confidence Code*, Claire Shipman and Katty Kay argue that the key reason is confidence. Combining cutting-edge research in genetics, gender, behavior, and cognition—with examples from their own lives and those of other successful women in politics, media, and business—Kay and Shipman go beyond admonishing women to "lean in." Instead, they offer the inspiration and practical advice women need to close the gap and achieve the careers they want and deserve.

A Wall Street Journal Bestseller "...this guide provides readers with much more than just early careers advice; it can help everyone from interns to CEOs." — a Financial Times top title You've landed a job. Now what? No one tells you how to navigate your first day in a new role. No one tells you how to take ownership, manage expectations, or handle workplace politics. No one tells you how to get promoted. The answers to these professional unknowns lie in the unspoken rules—the certain ways of doing things that managers expect but don't explain and that top performers do but don't realize. The problem is, these rules aren't taught in school. Instead, they get passed down over dinner or from mentor to mentee, making for an unlevel playing field, with the insiders getting ahead and the outsiders stumbling along through trial and error. Until now. In this practical guide, Gorick Ng, a first-generation college student and Harvard career adviser, demystifies the unspoken rules of work. Ng distills the wisdom he has gathered from over five hundred interviews with professionals across industries and job types about the biggest mistakes people make at work. Loaded with frameworks, checklists, and talking points, the book provides concrete strategies you can apply immediately to your own situation and will help you navigate inevitable questions, such as: How do I manage my time in the face of conflicting priorities? How do I build relationships when I'm working remotely? How do I ask for help without looking incompetent or lazy? *The Unspoken Rules* is the only book you need to perform your best, stand out from your peers, and set yourself up for a fulfilling career.

'Thoroughly researched and written with such calm authority, yet makes you want to scream with righteous indignation' John O'Farrell Britain's private, fee-paying schools are institutions where children from affluent families have their privileges further entrenched through a high-quality, richly-resourced education. *Engines of Privilege* contends that, in a society that mouths the virtues of equality of opportunity, of fairness and of social cohesion, the educational apartheid separating private schools from our state schools deploys our national educational resources unfairly; blocks social mobility; reproduces privilege down the generations; and underpins a damaging democratic deficit in our society. Francis Green and David Kynaston carefully examine options for change, while drawing on the valuable lessons of history. Clear, vigorous prose is combined with forensic analysis to powerful effect, illuminating the painful contrast between the importance of private schools in British society and the near-absence of serious, policy-shaping debate.

Already being hailed as *The modern reader's Think and Grow Rich!* in this lively, funny, penetrating book, Chandler and co-author Sam Beckford follow on the heels of Chandler's previous international bestsellers *100 Ways to Motivate Yourself* and *100 Ways to Motivate Others*. These 100 eye-opening ways to create wealth are drawn from the author's successful careers, with many touching personal stories as well as stories and examples from the hundreds of clients these master coaches have advised. This book is chock full of ways to make money, deepen life's pleasure, increase personal wage-earning power and start fresh entrepreneurial ideas right at home. Written for the age of the home-business entrepreneur, the book appeals to everyone from company CEOs, to life coaches, to stay at home moms, to internet fans to people who are simply thinking of converting that hobby into wealth. This is the deepest and most penetrating study yet of the psychology of prosperity, and the action steps necessary to produce wealth.

The key ingredient to success for girls isn't confidence or resilience, education or courage. What matters most is how all these elements work together in the boldest way possible. This is *What Girls Need*, now and for the future. Based on ground-breaking work at the all-girls Baldwin School, renowned for helping girls thrive personally and professionally, and using lessons from the author's own stellar career path in typically male-dominated environments - she has a BA from Harvard in Geophysics, flown jets for the US Navy and been a counter-terrorism expert in Afghanistan and the White House - this is an essential hand-book for all parents of girls - and anyone who cares about girls and what happens to them. It will empower you to help her close the confidence gap with boys, find her voice, nurture her competitive spirit, turn her audacity into persuasion, learn the art and skill of networking, and find role models – all the things that will help her succeed as an adult woman – whatever field they enter, whatever challenge they face.

Actively build self confidence in your everyday life with effective tools and strategies from *The Self Confidence Workbook*. Self confidence begins with knowing yourself. From facing fears to practicing acceptance and self-compassion, *The Self Confidence Workbook* offers practical, accessible strategies to get to know your best self and see real-world results. Barbara Markway, PhD, a licensed psychologist with nearly 30 years of experience, and writer Celia Ampel help you vanquish the demons of self-doubt and guide you through real-life, self confidence landmines like relationships, work, and health. With a goal-oriented approach, these proven strategies silence the self-critic within and guide you toward living your best life with confidence. Walk out on stage, ask for a raise, write a blog post, or ask someone out on a date. This self confidence workbook helps you achieve whatever you set your mind to, with: A 5-step program that begins with setting goals and uses evidence-based strategies to foster acceptance, mindfulness, self-compassion, etc. Interactive exercises that include reflections, checklists, and quizzes to foster self-confidence A guide to understanding self-confidence that defines what it means to be confident,

and determines your level of self confidence as a starting reference Remember who you are, what you value, and gain self confidence in all areas of your life with The Self Confidence Workbook.

Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to "get over" our fears, he says, the secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, The Confidence Gap explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and feelings.

New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of The Confidence Code gives girls the essential yet elusive code to becoming bold, brave, and fearless. It's a paradox familiar to parents everywhere: girls are achieving like never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online. Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, The Confidence Code for Girls teaches girls to embrace risk, deal with failure, and be their most authentic selves. If you or the girl in your life loved The Gutsy Girl or Rad American Women A-Z, you'll love this.

Boost Your Confidence Daily Want to feel more self-assured and motivated in your career? Have you had difficulty speaking up for yourself or saying what you feel? Ready to feel good about who you are, how you look, and your ability to make things happen? Right now, you have goals and dreams for your life. You have many skills, talents, and plenty of intelligence. But sometimes a lack of confidence holds you back from taking action, being your best self, and achieving the success in your work, relationships, and life that you deserve. Every single day, you CAN take small actions to rebuild your confidence so that over time, you emerge as a new person — someone who knows they have what it takes and isn't afraid to go for it. With an arsenal of small tools at your disposal, you can build a powerful confidence foundation to support you and keep you on track for ongoing success. Big Hacks + Small Actions = A Confident New You Most people lack confidence in some area of their lives. Some people lack confidence in general. Either way, it's important to look at ALL parts of your life to see where low confidence might be holding you back or infecting other aspects of your life with fear or inertia. With Confidence Hacks, you'll review 99 hacks or tips in ten key areas to give you clarity on your confidence roadblocks. These ideas will reveal the benefits of strengthening confidence in each area and challenge you to take small, manageable actions to renew your motivation, self-assurance, and determination. The book covers confidence hacks for relationships, social life, career, communication, appearance, self-improvement, body language, thinking, fun and adventure, and finances. Take Control: How Confidence Hacking Can Change Your Life Confidence has the power to make or break us. When we have it, we feel on top of the world and capable of anything. Without it, we want to stay in the shadows, never venturing past the status quo. Even a small amount of confidence can motivate you to take one action — and it only takes one action to implement powerful change. Just asking for the sale could make the difference in getting the account or losing it. Simply introducing yourself could lead you to the love of your life. Having the courage to ask for that raise could mean living in your dream house. With every small win, your confidence grows exponentially. When you learn small confidence hacks, you create big ripples of positive change in your life. ORDER: Confidence Hacks: 99 Small Actions to Massively Boost Self-Confidence Confidence Hacks is your handbook for taking control of your confidence, one small action at a time. It's your go-to guide whenever you need a little confidence kick in the butt and a bit of inspiration to remember the powerful, amazing person you are. It will gently challenge you to stop fretting and start doing, even when you feel afraid. You'll learn: \*\* How to notice "people pleasing". \*\* How to build sexual confidence. \*\* The skills of small talk and social conversation. \*\* The best way to get clear on career goals. \*\* How to speak out in groups and speak up for what you want. \*\* Why you need to learn confident body language \*\* The secret to disengaging from negative thought loops and limiting beliefs. \*\* Ideas on feeling confident about your money and financial situation. \*\* Want to Know More? Order and begin boosting your self-confidence starting today. Scroll to the top of the page and select the "buy" button.

Shani Orgad and Rosalind Gill examine how imperatives directed at women to "love your body" and "believe in yourself" imply that psychological blocks hold women back rather than entrenched social injustices.

There's nothing wrong with you, you're not broken and you don't need fixing. Here's the bad news: 99% of people go through almost their whole lives never really feeling good about who they are, never really liking themselves and never thinking that they are enough. And as a result, they live a life that is a tiny fraction of what it could be, the life they have settled for instead of the life they dreamed of. If you are not yet living the life of your dreams, the chances are that this is you too. Here's the good news: You already have everything you need to be confident and successful and to live the life you want on your terms. You only need to UNLEARN all the bad programming and wrong thinking that you've been given to unleash the incredible power within you. This book will show you how. After finding himself at his absolute lowest point, Andrew Leedham went on a mission to discover the secrets to creating the unstoppable self-confidence of the 1%. What he discovered shocked him. That most teaching on confidence and success was not only

wrong but also highly destructive. And that with the secrets he discovered you could transform your confidence and success, PERMANENTLY and FAST. If you're on the fence about reading this book: This book is all about how to create the indestructible, natural confidence of the 1% who live life on their terms and achieve success in all they do. In this no-nonsense, application-specific guide, you'll get the most powerful strategies and success principles to build the mindset and confidence that will make you unstoppable. Most importantly, how I teach this is what makes the transformation of your confidence permanent.

Describes the problem of low self-esteem in teenage girls

Instant New York Times Bestseller! 11-year-old Alice Paul Tapper--daughter of CNN's Jake Tapper--is challenging girls everywhere to speak up! When Alice Tapper noticed that the girls in her class weren't participating as much as the boys, she knew she had to do something about it. With help from her Girl Scout troop and her parents, she came up with a patch that other girls could earn if they took a pledge to be more confident in school. Alice even wrote an op-ed about the experience for the New York Times! Inspired by that piece, this picture book illustrates her determination, bravery, and unwillingness to accept the status quo. With Marta Kissi's delightful illustrations depicting Alice's story, young readers everywhere will want to follow Alice's lead and raise their hand!

This is a hands-on, self-help guide to gaining long-lasting confidence and overcoming fear using mindfulness-based therapy. The author explains how many of us are playing the 'confidence game' using the wrong rules, and guides the reader through clear, simple exercises designed to help you manage difficult emotions such as anxiety and build genuine confidence. The Confidence Gap has a gentler, more thoughtful approach to teaching confidence than the typically aggressive/peppy self-help approach. It is instructive, reassuring and gentle in tone, which will appeal to women as well as men and the business market.

What is standing in the way of creating the career and life you really want? Core Confidence is the essential how-to guide for working women wanting to maximise their potential and overcome the fears and beliefs that hold them back. In Core Confidence, Kate Boorer and Fiona Pearman share their models and methodology that have been developed from more than 50+ collective years of experience both as executives in organisations, consultants and coaches. Core Confidence strengthens and supports women to reconnect with their inner resource, confidence and ability to say I've got this in any situation, and mean it

The Confidence Gap A Guide to Overcoming Fear and Self-Doubt Shambhala Publications

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

This beloved book has touched hundreds of thousands of lives with its profound and actionable advice. Retaining the core message of becoming more mindful in our relationships, this edition includes new and revised material that addresses how we live and love today. A new preface touches on David Richo's experience with the book over time and outlines the key updates, including attention to online dating and modern communication styles as well as new perspectives on anger and ending relationships. "Most people think of love as a feeling," says Richo, "but love is not so much a feeling as a way of being present." How to Be an Adult in Relationships explores five hallmarks of mindful loving and how they play a key role in our relationships. Adult love is based on a mutual commitment to what Richo calls the "five A's": attention, acceptance, appreciation, affection, and allowing. Brimming with practical exercises for couples and singles, How to Be an Adult in Relationships offers heartening insights into a lifelong journey of love. Topics include:

- Becoming conscious of our relationship patterns and how they relate to childhood
- Recognizing and attracting someone who can show adult love
- Understanding the phases relationships go through
- Creating and maintaining healthy boundaries
- Overcoming fears of abandonment and engulfment
- Expressing anger and other emotions in adult and loving ways
- Surviving break-ups with our self-esteem intact
- Understanding love as a spiritual journey

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