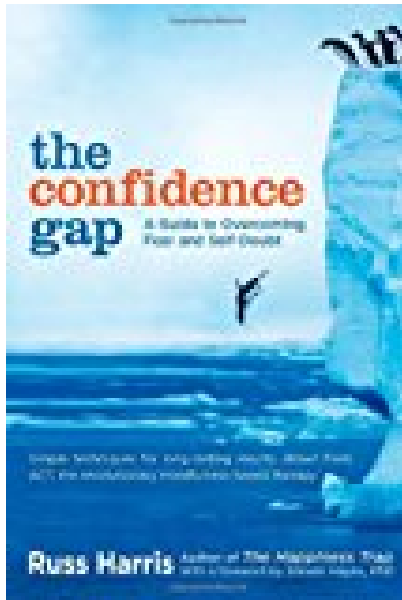


The Confidence Gap A Guide to Overcoming Fear and Self-Doubt



BOOK DETAILS

- Author : Russ Harris
- Pages : 240 Pages
- Publisher : Trumpeter
- Language : English
- ISBN : 1590309235



BOOK SYNOPSIS

Too many of us miss out on opportunities in life because we lack self-confidence. Whether its public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just dont 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, its 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.

THE CONFIDENCE GAP A GUIDE TO OVERCOMING FEAR AND SELF-

DOUBT - Are you looking for Ebook The Confidence Gap A Guide To Overcoming Fear And Self-Doubt? You will be glad to know that right now The Confidence Gap A Guide To Overcoming Fear And Self-Doubt is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. The Confidence Gap A Guide To Overcoming Fear And Self-Doubt may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings.

We also have many ebooks and user guide is also related with The Confidence Gap A Guide To Overcoming Fear And Self-Doubt and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The Confidence Gap A Guide To Overcoming Fear And Self-Doubt. To get started finding The Confidence Gap A Guide To Overcoming Fear And Self-Doubt, you are right to find our website which has a comprehensive collection of manuals listed.