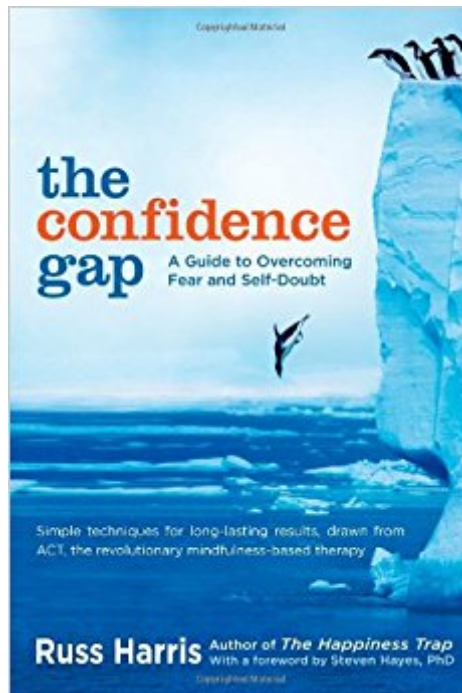




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The Confidence Gap: A Guide To Overcoming Fear And Self-Doubt



Synopsis

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.

Book Information

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Customer Reviews

• "This book could save you years of psychological struggle, yank you out of negative emotional patterns, and help propel you to a much happier, more productive life."

• "Martha Beck, author of *Finding Your Own North Star*

• "An exciting alternative to the usual approach of so many self-help books. Harris explains how we can work with ourselves as we are, rather than aggressively trying to alter ourselves. I'm impressed by the simple and effective methods of ACT."

• "David Richo, PhD, author of *How to Be an Adult in Relationships*

• "One of the most hopeful (and helpful)

messages we can take away from this book is this: we can learn to do the things that matter, even when our minds say it's not possible. • "Spirituality & Health

Dr. Russ Harris is a physician, therapist, and speaker specializing in stress management. He travels nationally and internationally to train individuals and health professionals in the techniques of ACT. Born and educated in England, he now lives in Australia. For more information, visit actmindfully.com.au.

Really helpful for helping me overcome my self doubt and changing the way I perceive my thoughts.

Wonderful book! Practical, simple and effective. For me ACT is the future of psychotherapy and this book contains all the tools and theories that are needed.

Half way through the book and I'm finding that the ideas are becoming more and more helpful.

There is very helpful, actionable knowledge and research in this book. It is not one more motivational book. I am grateful there is someone in this world sharing this knowledge.... your books have already helped me tremendously.

Literally anyone on the planet could learn a lot about themselves from reading this. I don't think there's anyone out there that could read this book and not get something very valuable from it. Recommending this book to my whole family and close friends.

Very satisfied with product & shipping!!!

This book helps me a lot

Refer my clients to this all the time. Anyone living in shame and self doubt and wondering why and how to step back into life should read this book.

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