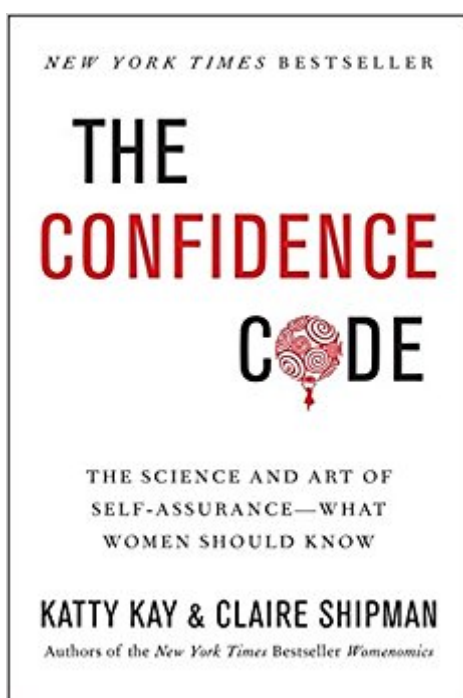


The book was found

The Confidence Code: The Science And Art Of Self-Assurance---What Women Should Know



Synopsis

New York Times Bestseller 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.

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Customer Reviews

"The Confidence Code belongs in the bag of every woman in America. It combines groundbreaking scientific research and firsthand accounts from the world's most powerful woman." (Joanna Coles, Editor-in-Chief, *Cosmopolitan*) "How do we make the most of our talents, skills, and interests? This book demonstrates that it's not enough to know what we're doing; our confidence is a key factor in our success. Fascinating reading for every woman who wants to take her life to the next level." (Gretchen Rubin, author of *The Happiness Project*) "All too often, even the most successful women have indicated that their

confidence is fleeting or domain-specific. The gifted authors who were behind *Womenomics* prove that can change. Discover how you can specifically develop that enduring sense of self-assurance in this remarkable book. — (Marshall Goldsmith, author of the international bestseller *What Got You Here Won't Get You There*) — “Kay and Shipman shine a perceptive light on the crucial role that confidence plays in the ability of women to succeed. They offer women practical advice and the vision of a more hopeful future. — (Sheryl Sandberg, COO of Facebook, and author of *Lean In*) — “Kay and Shipman provide a great blueprint for raising daughters — . All of this research, as well as the authors’ own recounting of experiences with doubt in their professional lives, effectively builds into a comprehensive set of ingredients for the confident woman. — (Publishers Weekly) — “An insightful look at how internalizing cultural stereotypes can hold women back from competing with men. — (Kirkus) — “[Kay and Shipman] have written an enlightening, fascinating book that explains the relationship between confidence, resilience, risk and reward — . This book can definitely help you learn to boost your confidence. — (Success) — “[Kay and Shipman dive] into tons of fascinating research and stats that are worth reading — [b]ut most importantly, the book provides some seriously actionable advice from some of the most successful women in the world (authors included). — (Self.com)

Confidence. We want it. We need it. But it can be maddeningly enigmatic and out of reach. The authors of the New York Times bestseller *Womenomics* deconstruct this essential, elusive, and misunderstood quality and offer a blueprint for bringing more of it into our lives. Is confidence hardwired into the DNA of a lucky few — or can anyone learn it? Is it best expressed by bravado, or is there another way to show confidence? Which is more important: confidence or competence? Why do so many women, even the most successful, struggle with feelings of self-doubt? Is there a secret to channeling our inner confidence? In *The Confidence Code*, journalists Katty Kay and Claire Shipman travel to the frontiers of neuroscience on a hunt for the confidence gene and reveal surprising new research on its roots in our brains. They visit the world’s leading psychologists who explain how we can all choose to become more confident simply by taking action and courting risk, and how those actions change our physical wiring. They interview women leaders from the worlds of politics, sports, the military, and the arts to learn how they have tapped into this elemental resource. They examine how a lack of confidence impacts our leadership, success, and fulfillment. Ultimately, they argue, while confidence is partly influenced by genetics, it is not a fixed psychological state. That’s the good news. You won’t discover it

by thinking positive thoughts or by telling yourself (or your children) that you are perfect as you are. You also won't find it by simply squaring your shoulders and faking it. But it does require a choice: less people pleasing and perfectionism and more action, risk taking, and fast failure. Inspiring, insightful, and persuasive, *The Confidence Code* shows that by acting on our best instincts and by daring to be authentic, women can feel the transformative power of a life on confidence.

I can't say enough about what I learned from this book. I am buying five copies to lend and to give to my friends and colleagues. If you have twentysomething daughters, buy this book! My 24-year-old daughter and her best friend are getting copies for sure. My one sort of crazy wish is that the authors had aimed this book at men as well as women – because true confidence is a problem for men as well. Even though it's clear that much needs to be said about confidence for women, I find myself wanting to recommend this book for men who themselves struggle with confidence. For such men, many of these themes apply, and yet they are unlikely to read the book. I'll just say, there is a ton of well researched information in this book that should not be missed! If there were six stars, I would give it six.

I would like to see everyone who teaches even one girl, young woman, adult female, etc. read this book. We need, desperately, to change the way women think of themselves. It took nearly 80 years for me to gain the self-confidence that my brothers seem to have inherited along with other genes. We must do better. There is a great deal of evidence to support my contention that our mental capacity is as good as or greater than our male counterparts. Let's do whatever is necessary to keep our females acting this truth. This book is a great beginning! Jo Seier-Doofe

Extremely well written. I appreciate the extensive research conducted! With a topic like this, scientific, empirical data is needed to drive home a point.

Shipman and Kay have a flavorful writing style that adds sugar and salt to what otherwise could be pretty dry. This book was very enlightening for me. I enjoyed reading about what confidence is, and what women in general think about confidence. I felt I myself was lacking in confidence, but much to my surprise after taking some of the assessments in the back of the book, I scored exceptionally high. I guess I wasn't confident in my confidence level. How's that for a mind bender?

this book seems to be more of the same. I've read a lot of the studies they cite in here before in other books. If you aren't very familiar with the subject matter you may enjoy it but if you've read other books on the topic you might feel like you are hearing an echo. The interviews are interesting I suppose though.

Great scientific backed research on the differences between men and women, both in how they gain and use confidence. I work in a predominantly male industry and I used this book with our management team to provide training and enlighten men tasked with training new hires. Feedback from our team was very positive.

A fairly good book to read about confidence, not just in women but for men too. I think the author's generalize the division of the genders too much but the book provides really interesting insights from top officials in government, sports, and business and does give interesting interviews with qualitative researchers who show that confidence is actually more important than competence in determining the ability to move up in a job. Definitely worth reading. In particular, the gene attributes and how people can change them with habits was deeply interesting to me.

I have found myself referencing this book to friends, myself and my husband. It has taken me a while to read but it's one I wanted to let every word sink in. I will be going back to this one and hopefully using it as a tool in raising my daughter.

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Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self

Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Auditing & Assurance Services (Auditing and Assurance Services) Fundamentals Of Information Systems Security (Information Systems Security & Assurance) - Standalone book (Jones & Bartlett Learning Information Systems Security & Assurance) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Self Love: Raising Your Self-Confidence & Self-Esteem NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Self-Therapy for Your Inner Critic: Transforming Self Criticism into Self-Confidence A Quick Read on What You Should Know about Colon Cancer and how to Prevent it: Detailed, but in laymans's terms (What you should know about your health ... care of yourself; in layman's terms Book 1) High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation 100 Things Washington Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Cardinals Fans Should Know & Do Before They Die (100 Things...Fans Should Know)

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