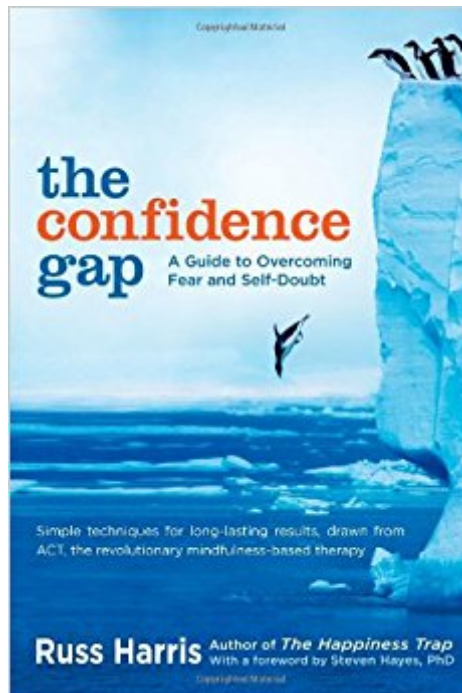




**Ebook Directory**  
the best source of ebook

The book was found

# 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

Paperback: 240 pages

Publisher: Trumpeter; 1 edition (September 13, 2011)

Language: English

ISBN-10: 1590309235

ISBN-13: 978-1590309230

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 85 customer reviews

Best Sellers Rank: #16,368 in Books (See Top 100 in Books) #24 in Books > Self-Help > Anxieties & Phobias #32 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #74 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## 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](http://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 are people 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.

[Download to continue reading...](#)

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 Gap: A Guide to Overcoming Fear and Self-Doubt 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) God Talks to Me about Overcoming Fears - Fear - Overcoming Fear - Children's Book about Friends - Catholic Children's Books - God's Word for Children ... Afraid - Padded Hard Back (God Talks with Me) 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) Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) 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) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Your Gap Year: The Most Comprehensive Guide to an Exciting and Fulfilling Gap Year Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Break Free: Acceptance and Commitment Therapy in 3 Steps: A Workbook for Overcoming Self-Doubt and Embracing Life Wire Your Brain for Confidence: The Science of Conquering Self-Doubt 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) How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! 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 Self-Therapy for Your Inner Critic: Transforming Self Criticism into Self-Confidence

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help