



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

By Russ Harris

Download now

Read Online ➔

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris

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.

 [Download The Confidence Gap: A Guide to Overcoming Fear and ...pdf](#)

 [Read Online The Confidence Gap: A Guide to Overcoming Fear a ...pdf](#)

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

By Russ Harris

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris

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.

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris Bibliography

- Sales Rank: #6178 in Books
- Brand: Brand: Trumpeter
- Published on: 2011-09-13
- Released on: 2011-09-13
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .70" w x 6.00" l, .85 pounds
- Binding: Paperback
- 240 pages

 [Download The Confidence Gap: A Guide to Overcoming Fear and ...pdf](#)

 [Read Online The Confidence Gap: A Guide to Overcoming Fear a ...pdf](#)

Download and Read Free Online The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris

Editorial Review

Review

“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*

About the Author

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.

Users Review

From reader reviews:

Mary McKay:

Reading a reserve can be one of a lot of action that everyone in the world really likes. Do you like reading book therefore. There are a lot of reasons why people love it. First reading a reserve will give you a lot of new facts. When you read a guide you will get new information since book is one of various ways to share the information or maybe their idea. Second, examining a book will make an individual more imaginative. When you reading a book especially fictional works book the author will bring one to imagine the story how the characters do it anything. Third, you may share your knowledge to other people. When you read this The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt, you can tells your family, friends and soon about yours reserve. Your knowledge can inspire others, make them reading a guide.

Milton Hill:

Do you have something that you want such as book? The book lovers usually prefer to decide on book like comic, small story and the biggest the first is novel. Now, why not attempting The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt that give your fun preference will be satisfied through reading this book. Reading routine all over the world can be said as the means for people to know world a great deal better then how they react to the world. It can't be stated constantly that reading habit only for the geeky man but for all of you who wants to become success person. So , for all of you who want to start reading through as your good habit, you may pick The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt become your own starter.

Mary McDonald:

Many people spending their time period by playing outside having friends, fun activity along with family or just watching TV all day long. You can have new activity to shell out your whole day by looking at a book. Ugh, do you consider reading a book really can hard because you have to bring the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Mobile phone. Like The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt which is finding the e-book version. So , try out this book? Let's observe.

James Jones:

Guide is one of source of know-how. We can add our information from it. Not only for students but in addition native or citizen have to have book to know the up-date information of year to year. As we know those ebooks have many advantages. Beside all of us add our knowledge, could also bring us to around the world. With the book The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt we can get more advantage. Don't that you be creative people? For being creative person must love to read a book. Simply choose the best book that appropriate with your aim. Don't end up being doubt to change your life with that book The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt. You can more attractive than now.

Download and Read Online The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris #PSR2DLNH4UB

Read The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris for online ebook

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris books to read online.

Online The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris ebook PDF download

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris Doc

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris Mobipocket

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris EPub

PSR2DLNH4UB: The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt By Russ Harris