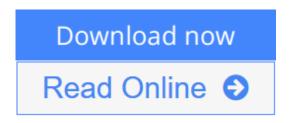# The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know

By Katty Kay, Claire Shipman

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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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The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know By Katty Kay, Claire Shipman Bibliography

- Sales Rank: #32204 in eBooks
- Published on: 2014-04-15
- Released on: 2014-04-15
- Format: Kindle eBook

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Editorial Review

Review
"*The Confidence Code* belongs in the bagof 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)

From the Back Cover

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 chose 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.

About the Author

Katty Kay is the Washington, DC, anchor for *BBC World News America*. She is a regular guest on NBC's *Meet the Press* and MSNBC's *Morning Joe*. She lives in Washington, DC, with her husband and four children.

Claire Shipman is a correspondent for ABC News and *Good Morning America*, covering politics, international affairs, and women's issues. She lives in Washington, DC, with her husband, two children, and a new puppy.

Users Review

From reader reviews:

Robert Densmore:

Have you spare time for any day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the actual Mall. How about open or maybe read a book called The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know? Maybe it is being best activity for you. You already know beside you can spend your time along with your favorite's book, you can better than before. Do you agree with it is opinion or you have different opinion?

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The reason? Because this The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will jolt you with the secret it inside. Reading this book close to it was fantastic author who write the book in such amazing way makes the content inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of positive aspects than the other book include such as help improving your talent and your critical thinking approach. So , still want to hold up having that book? If I ended up you I will go to the e-book store hurriedly.

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