



The Confidence Gap

By Russ Harris

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Confidence Gap, Russ Harris, This is a hands-on, self-help guide to gaining long-lasting confidence and overcoming fear using mindfulness-based therapy. The author explains how many of us are playing the 'confidence game' using the wrong rules, and guides the reader through clear, simple exercises designed to help you manage difficult emotions such as anxiety and build genuine confidence. The Confidence Gap has a gentler, more thoughtful approach to teaching confidence than the typically aggressive/peppy self-help approach. It is instructive, reassuring and gentle in tone, which will appeal to women as well as men and the business market.



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Reviews

Absolutely essential read publication. it absolutely was writtern very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

-- **Lindsey Larson**