

The Confidence Code

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"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*

THE CONFIDENCE CODE

THE SCIENCE AND ART OF
SELF-ASSURANCE—WHAT
WOMEN SHOULD KNOW

KATTY KAY & CLAIRE SHIPMAN

Authors of the *New York Times* Bestseller *Womenomics*

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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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作者介绍:

Katty Kay is the anchor of BBC World News America, based in Washington DC. She is also a frequent contributor to *Meet the Press* and *Morning Joe*. She is a regular guest host for the Diane Rehm show on NPR. She is the co author of the New York Times bestseller *Womenomics*. Her new book, also with Claire Shipman, is *The Confidence Code*.

Katty grew up in the Middle East, where her father was a British diplomat. She studied French and Italian at Oxford University and worked as a foreign correspondent in Africa and Japan before settling in the US in 1996. She speaks fluent French and Italian and what she describes as rusty Japanese.

She and her husband live in DC juggling jobs with raising four children.

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标签

女性

自我成长

心理

励志

职场

成长

美国

更好的自己

评论

此类书就像油炸食品，即使是同类翘楚，最多也只能是个Burger King。少吃解馋，多吃恶心，很长时间，都不愿再碰。

比预期得实验数据得多！noice

post商学院61本书单的第一本在旅游中完成！数据、脑科学和方法多于经验之谈和鸡汤鼓励，没想到还是一本蛮好的育儿书。适当过度自信有益身心健康。结合昨天看的草根运动纪录片（又名一记AOC的安利），AOC的自信也使她比其他上房揭瓦的选手更胜一筹，给AOC加油！

想要了解confidence code建议读S 的Lean in 和 MO 的becoming。

不停地说女人怎么不合理地不自信。。废话连篇，对女性的建议也不实用，人人都知道阿妈是女人

太强调性别了，不要 overthinking 很对。多数计划都只停留在想这一步。

1. Take challenges; 2. Be authentic; 3. Be polite but assertive; 4. Be clear; 5. Work hard;
6. Accept being imperfect or incompetent; 7. Work for a goal

记得看过这本书，至今记得的两个take-aways，一个是相较男运动员，女运动员输一场比赛容易怀疑人生，男性会骂一句bad game然后该干嘛干嘛。第二个是说英语别学美剧里那些女生，除了疑问句，别用升调。

女权主义鸡汤！握拳！

Great in theory, harder in practice.

一般般吧

近来朋友、Mentor、同事都说要我自信点儿，连follow的youtuber都推荐这本书，遂下载Audio Book来听。

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书评

两个女记者/主持人访谈调研了很多人的报告。从自信是什么和它的重要性开始，谈到女性比男性不自信的现状表现、基因、后天等多方面原因以及如何提高自信。自信不同于乐观，乐观是觉得everything will work out.自信是I can make things work out更加主动。不要想太多。Sto...

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