

The Tender Heart



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Insight, explanations, and practical solutions for overcoming insecurity and sensitivity -- from a top psychologist In simple language, Joseph Nowinski explains that insecurity is not a flaw or shortcoming, but rather a personality trait that reflects both temperament and life experiences. And, most important, he shows how insecurity can be conquered so that one can thrive -- especially in work and love. The first book to investigate insecurity, The Tender Heart sheds light on its common causes and provides guidelines for overcoming the self-doubt, debilitating self-consciousness, and chronic lack of confidence that prevent many people from enjoying life to its fullest. Combining personality quizzes and case histories of people who have conquered their insecurities, The Tender Heart offers expert advice on: Healing insecurity Avoiding emotional predators who seek out sensitive people Coping with a tough-hearted partner or colleague Finding your emotional mate Raising children who are self-confident The Tender Heart is for anyone who has experienced times when their own insecurity or the insecurity of others has interfered with valued relationships or prevented them from realizing their potential.

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