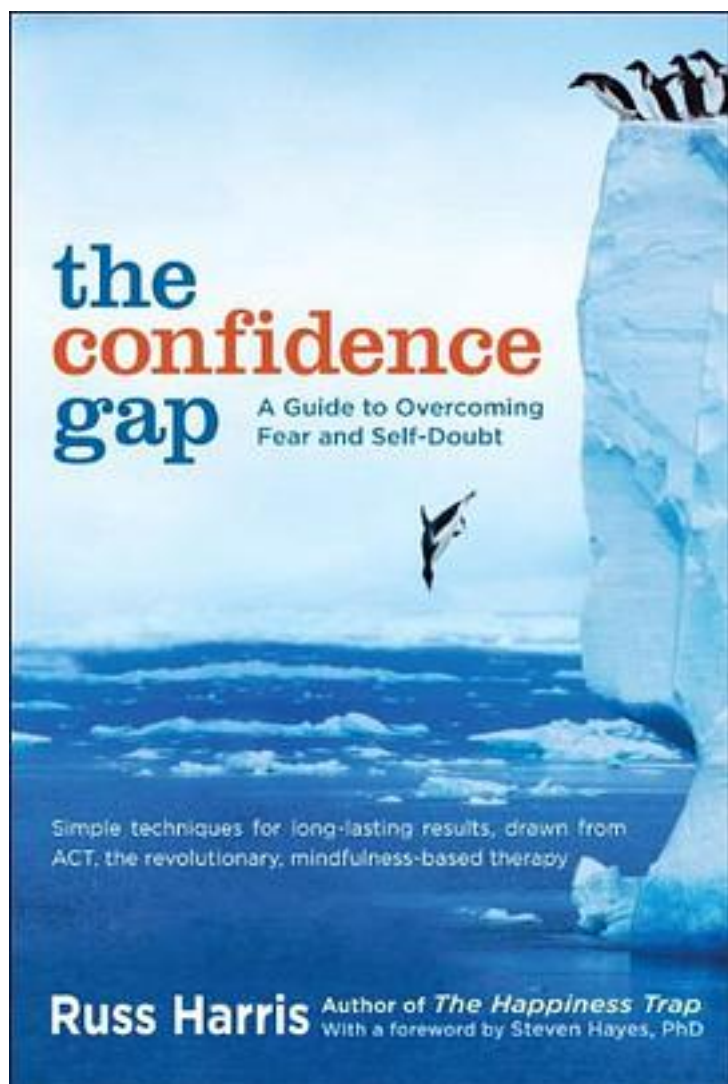


# The Confidence Gap



[The Confidence Gap\\_ 下载链接1](#)

著者:Harris, Russ

出版者:

出版时间:2011-9

装帧:

isbn:9781590309230

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.

作者介绍:

目录:

[The Confidence Gap\\_ 下载链接1](#)

标签

心理学

英文原版

励志

kickass

观呼吸

心理學

修行

consciousness

## 评论

我是第一个？！  
非常有益，很实用。讲得不仅仅是自信心，还有怎么克服困难，使自己继续向目标前进。  
。

-----  
确切来说应该是听的有声书。ACT虽然有年头了，  
但是个人却是第一次接触这种“反常规”“健康”“自助”思维模式，如何能做到不迎不拒，  
确实是一个需要练习的策略。常规的“自信”是会制造问题的。

-----  
囫圇吞枣，有一些观点还蛮给人启发，但方法论的东西有点多，到后面丧失耐心了

-----  
[The Confidence Gap\\_ 下载链接1](#)

## 书评

-----  
[The Confidence Gap\\_ 下载链接1](#)