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The Confidence Gap A Guide

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.

The Confidence Gap: Amazon.co.uk: Dr. Russ Harris ...

What is the confidence gap?
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Rooted in revolutionary therapy techniques, The Confidence Gap provides a practical roadmap for confronting the fears and doubts that keep holding you back Too many of us miss out on opportunities in life because

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Russ Harris is one of the world's leading authorities on one of the most cutting-edge forms of therapy known as Acceptance and Commitment Training, or ACT for short (pronounced like the word act not A.C.T.). ACT is essentially a powerful blend of mindfulness training and cognitive behavioral therapy.

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