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\ "The Confidence Code\ " Book Review

Journalists Claire Shipman and Katty Kay talk

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In The Confidence Code, journalists Katty Kay and Claire Shipman travel to the frontiers of neuroscience on a hunt for the confidence

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gene and reveal surprising new research on its roots in our brains. They visit the world's leading psychologists who explain how we can all chose to become more confident simply by taking action and courting risk, and how those actions change our physical wiring.

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The Confidence Code: The Science and Art of Self-Assurance – What Women Should Know. 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.

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Praise For The Confidence Code: The Science and Art of Self-Assurance--What Women Should Know ... " The Confidence Code belongs in the bagof every woman in America. It combines groundbreaking scientific research and firsthand accounts from the world's most powerful woman." . – Joanna Coles, Editor-in-Chief, Cosmopolitan.

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Preview – The Confidence Code by Katty Kay.

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The Confidence Code Quotes Showing 1-30 of 68. "Having talent isn't merely about being competent; confidence is actually a part of that talent." - Katty Kay, The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know. 7 likes.

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In The Confidence Code, journalists Katty Kay and Claire Shipman travel to the frontiers of neuroscience on a hunt for the confidence gene and reveal surprising new research on its roots in our brains.

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~~The Confidence Code : The Science and Art of Self ...~~

As we travelled the country, we've discovered that the mothers and fathers we meet are desperate for help translating the Confidence Code into a formula that works for girls, so that their daughters can be empowered, from a young age, by the power and satisfaction of a confident life. We heard their pleas. THE SCIENCE AND ART OF SELF-ASSURANCE

~~The Confidence Code, By Katty Kay and Claire Shipman~~

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In The Confidence Code, journalists Katty Kay and Claire Shipman travel to the frontiers of neuroscience on a hunt for the confidence gene and reveal surprising new research on its roots in our brains. They visit the world's leading psychologists who explain how we can all chose to become more confident

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Simply by taking action and courting risk,
and how those actions change our physical
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