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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 simply by taking action and courting risk, and how those actions change our physical wiring.

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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.

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

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.

~~The Confidence Code: The Science and~~

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~~Art of Self-Assurance ...~~

Praise For The Confidence Code: The Science and Art of Self-

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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. 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

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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



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

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