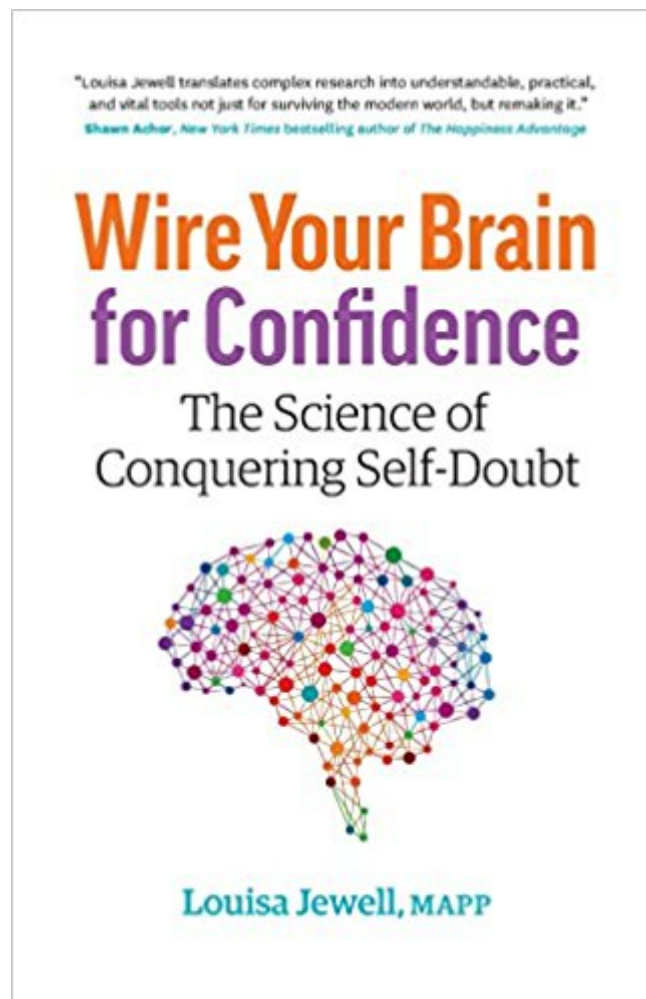




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Wire Your Brain For Confidence: The Science Of Conquering Self-Doubt



Synopsis

Do you ever wonder why you are confident in some areas of your life and yet in other areas, you have so much fear and self-doubt? The good news is scientists have discovered the formula on how you can wire your brain for a more action-oriented kind of confidence that boosts your courage to act, even when you're feeling afraid. In this approachable and game-changing guide to building your situation-specific confidence, positive psychology expert Louisa Jewell shows that adopting a resilient mindset will enable you to show up as your best self at home and in the workplace. Jewell has deep knowledge of the science of the good life, honed through years of study and practice, and here she presents only the most effective and proven techniques for increasing your grit and confidence. Through stories, reflection questions, and exercises, she will guide you from fear to courage, and give you the ability to accomplish the goals that seemed impossible. *Wire Your Brain for Confidence* will put you on the fast track to flourishing in every area of your life.

Book Information

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Customer Reviews

Advance praise for *Wire Your Brain for Confidence*: "Timely and well-written, *Wire Your Brain for Confidence* translates complex research into understandable, practical, and vital tools not just for surviving the modern world, but remaking it. Amidst all the competition, demands upon our time, and societal pressure, Louisa Jewell provides a clear path forward for girls and women everywhere striving to define success and worth for themselves."--Shawn Achor, New York Times bestselling author of *The Happiness Advantage* "On our path towards a happier life, there may be no more

important journey than the one from self-doubt to self-confidence. In *Wire Your Brain for Confidence*, Louisa Jewell provides an easy-to-use yet well-researched map that you can use for this important journey."--Tal Ben-Shahar, New York Times bestselling author of *Happier and Choose the Life You Want*"*Wire Your Brain for Confidence* offers a practical step-by-step guide to achieving goals for anyone who has struggled with self-doubt. Louisa Jewell demystifies the science behind action-oriented confidence and makes it accessible to all. This book will empower you to go for your dreams and live your happiest life."--Marci Shimoff, #1 New York Times bestselling author of *Happy for No Reason* and *Chicken Soup for the Woman's Soul*"*Wire Your Brain for Confidence* is a remarkable book for anyone who aspires to have more confidence, success, and overall well-being! Louisa Jewell has written a brilliant book that is steeped in research and filled with novel ideas and memorable stories. I learned things from this book that I will use for years to come."--Tom Rath, #1 New York Times bestselling author of *How Full Is Your Bucket?*, *StrengthsFinder 2.0*, *Eat Move Sleep*, and *Are You Fully Charged?*

Louisa Jewell is the founder and president of the Canadian Positive Psychology Association. The CPPA brings together leading-edge researchers and practitioners from around the world to study and understand where human potential, success, and happiness intersect. Her hugely successful national conferences draw an international audience of leaders in this field. Louisa has spoken to thousands of people around the world about how to increase happiness, resilience, and meaning so they can show up as their best selves and do their best work. She holds a master's in applied positive psychology, teaches positive psychology at the University of Toronto and the University of Texas at Dallas, and regularly delivers webinars and workshops to clients in all sectors. Her work has been featured in *Forbes*, *Globe and Mail*, *Toronto Star*, *Huffington Post*, *Toronto Sun*, *Canadian Living*, *Live Happy*, *Chatelaine*, *Psychology Today*, *Women's Agenda*, among other publications. She is a contributing author to books including *Positive Psychology at Work*, *Positive Psychology News Daily*, and *Ready Set Live: Empowering Strategies for an Enlightened Life*. For more information, visit louisajewell.com.

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