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The Confidence Gap teaches you how to gain more confidence by letting go of negative thoughts, accepting life for what it is with all of its ups and downs, and taking committed action based on values. Dr. Harris dives deep into what he calls the Confidence Cycle.

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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.

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PLEASE NOTE: This is a summary and analysis of the book and not the original book. A grounded and valuable approach to life in general, The Confidence Gap tackles commonly experienced difficulties in building confidence, staying motivated, living true to our values, and harnessing fear. Harris is relentless about mindfulness, showing how an awareness of the small things paves the way for great ...

**Summary & Analysis of The Confidence Gap: A Guide to the ...**

By the way, the term 'Confidence Gap' refers to the false idea that you have to be confident before you do what you really want to do. In fact, the only way confidence can appear is by developing the skill you want to be confident in. If you want to be confident as a writer, you have to write.

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