

The Confidence Gap By Russ Harris Indicaore

Arts & Humanities Citation Index 1996

À lire quand... Christophe Billon 2025-09-04

Dans les moments difficiles de l'existence, il est recommandé de se connecter autant que possible aux autres dans le monde de réel, plutôt que de se renfermer sur soi. Cependant tout le monde ne dispose pas d'une personne fiable et digne de confiance sur qui compter dans les moments les plus cruciaux. Aussi ce livre se veut votre compagnon pour répondre aux questions que vous vous posez lors d'épisodes douloureux de perte, de stress, de déprime, etc. Pourquoi personne ne m'en a parlé avant ? regorgeait d'outils aider chacun à l'améliorer sa santé mentale à la lumière du passé. À lire quand... s'ancre dans le présent, c'est la main de l'autrice qui se tend vers le lecteur et lui dit : « Venez par ici et mettons-nous au travail ». Composé de trois parties, le livre répond à des situations récurrentes pour lesquelles Julie Smith donne des clés, parmi lesquelles : C'est difficile d'être en relation : quand vos amis ne le sont pas vraiment / quand vous vous sentez de trop / quand vous dites oui et voudriez dire non... C'est difficile d'être soi : quand vous n'aimez pas la personne que vous êtes / Quand vous pensez trop et tout le temps / Quand votre voix intérieure est votre pire critique... C'est difficile de comprendre ses émotions : Quand vous pensez être un imposteur / Quand vous regrettez une chose que vous venez de faire / Quand tout vous semble inutile... Psychologue, le Dr Julie Smith exerce depuis plus de dix ans. Elle est également éducatrice en ligne et star des réseaux sociaux avec près de 7 millions d'abonnés et plus de 20 millions de likes. Elle a lancé son compte TikTok pour rendre ses services plus accessibles.

The Confidence Gap Russ Harris 2011-09-13

Drawing on Acceptance and Commitment Therapy and mindfulness practices, this guide offers breakthrough insights and simple techniques for developing deep-seated, long-lasting confidence Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking

on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. 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. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, *The Confidence Gap* explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and feelings.

"This book could save you years of psychological struggle, yank you out of negative emotional patterns, and help propel you to a much happier, more productive life."
—Martha Beck, author and Oprah Winfrey's life coach

The Reality Slap 2nd Edition Russ Harris
2021-03-25

The Confidence Gap Russ Harris 2011-03-24 A hands-on self-help guide to gaining long-lasting confidence and overcoming fear using mindfulness-based therapy and acceptance and commitment therapy (ACT). Bestselling author Russ Harris explains how many of us are playing the 'confidence game' using the wrong rules, and guides you through clear, simple exercises designed to help you manage difficult emotions such as anxiety, and to build genuine confidence. *The Confidence Gap* is instructive, reassuring and gentle in tone, and provides proven ways to build your self-esteem and take you from fear to freedom.

The American press 1955

Open... Julie Smith 2025-02-12 *Open...* is dé onmisbare aanvulling op Dr. Julie Smiths internationale bestseller *Why Has Nobody Told Me This Before?* (Waarom heeft niemand mij dit eerder verteld?), waarin ze vaardigheden om je

geestelijke gezondheid te versterken uiteenzette. Open... is het boek waarbij je terecht kunt als je in het oog van de storm bevindt. Aan de hand van een serie brieven van Dr. Julie leer je te navigeren door momenten van overweldiging, verwarring of zelftwijfel. Elke persoonlijke brief wordt gevolgd door reallimetools die je helpen om de situatie opnieuw te kaderen en je volgende stap te bepalen. Elk hoofdstuk behandelt een nieuw scenario; universele problemen waar ieder van ons waarschijnlijk weleens mee te maken krijgt. Dus of je nu last hebt van stress, druk om te presteren, omgaan met moeilijke mensen, proberen erbij te horen, het nemen van grote beslissingen, of grote emoties die angst veroorzaken, Open... brengt de woorden die je moet horen om weer op de been te komen en je klaar te voelen om alles aan te kunnen wat het leven je voor de voeten werpt. Dr. Julie Smith is een verademing. Enorm deskundig, maar ook enorm eigentijds. Als geen ander weet zij op een luchtige, simpele en grappige manier zware thema's te bespreken en zo een groot publiek te boeien. Iedereen krijgt in het leven uitdagingen op zijn pad en Julie heeft altijd een gouden tip en de tools om ermee om te gaan.

Summary of Russ Harris's The Confidence Gap
Everest Media, 2022-03-19T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Confidence is not the end of the journey, but rather just the beginning. You want more confidence in order to achieve something, which is why you ask yourself how you would behave differently if you had all the confidence in the world. #2 It's time to connect with your own desires. Take your time to read through and carefully consider the important questions that follow. In a world where you had unlimited confidence, how would you behave differently, walk and talk differently, and treat others differently. #3 Values are the desired qualities of ongoing action. They describe how you want to behave as a human being. Goals are desired outcomes. When you achieve a goal, you can tick it off the list. Values cannot be completed or ticked off the list as done. They are ongoing. #4 Values and goals are important in developing confidence and enhancing performance. They provide us with the inspiration and motivation to

do what it takes, and they sustain us on the journey.

Bulletin of the Atomic Scientists 1969-02 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security. Founded by Manhattan Project Scientists, the Bulletin's iconic "Doomsday Clock" stimulates solutions for a safer world.

The Reality Slap 2nd Edition Russ Harris
2012-06-21 Sometimes, it can feel like life holds endless setbacks and challenges; like reality is continually slapping you in the face and causing pain that you aren't equipped to handle. This 'reality slap' can take many forms, from the death of a loved one to the loss of a job, from loneliness to rejection. And whatever form it takes, it hurts! With constructive methods based on real world research, this guide gives you the tools to rebuild your life and thrive after serious setbacks. Ten years after the success of its first edition, this fully updated and rewritten edition of *The Reality Slap* contains a new wealth of advanced expertise on coping effectively when life hurts. Dr Russ Harris shows you how to apply the scientifically proven methods of Acceptance and Commitment Therapy in your daily life and reconnect with yourself and others. Written in a kind, supportive voice with lots of examples and exercises, this timely self-help book contains mindfulness wisdom, hands-on advice and case studies. Every aspect of the book is designed to be accessible and simple to implement so that you can comprehensively tackle emotions arising from setbacks. If you are facing difficulty and don't know where to turn, *The Reality Slap* is the essential guide to finding happiness and fulfilment. Learn how to heal from your pain and come out stronger than before with this powerful book that might just change your life.

Abrir Quando... Julie Smith 2025-05-07 Um guia prático para abrir sempre que a vida se complica, pela psicóloga clínica mais procurada da atualidade, com mais de 4 milhões de seguidores no Tik Tok. Depois do bestseller *Porque É que Ninguém Me Disse Isto antes?*, com mais de um milhão de livros vendidos em todo o mundo, a psicóloga clínica, Dra. Julie Smith, regressa para nos guiar naqueles momentos cruciais em que nos sentimos mais

perdidos e desanimados. Cada capítulo começa com uma carta da autora, que nos fala diretamente à razão e ao coração, porque tudo do que precisamos nestes momentos são algumas palavras de encorajamento para canalizar os pensamentos e a nossa atenção. A autora oferece-nos também todo o seu conhecimento, tirando partido da vasta experiência e de anos de prática clínica, partilhando ferramentas, ideias e estratégias que podemos seguir para lidarmos com as situações mais difíceis e enfrentarmos as voltas e reviravoltas da nossa vida de forma mais saudável e equilibrada. A autora convida-nos a ouvir a voz positiva que existe dentro de nós, a fim de cuidarmos da nossa saúde mental e alcançarmos as metas que definimos, sejam elas pessoais, familiares ou profissionais. Se está pronto para dar o primeiro passo em direção a uma vida mais consciente, saudável e equilibrada, esta leitura é essencial para cuidar de si e do seu futuro. APRENDA A FAZER ISTO E MUITO MAIS: • Enfrentar a vulnerabilidade e lidar com a crítica interior. • Lidar com a traição e saber como agir quando se erra. • Superar a solidão, o medo e a falta de esperança. • Sair de uma resposta traumática e parar de ruminar sobre o passado. • Evitar cometer os mesmos erros e encontrar o seu caminho, mesmo na incerteza. Este é o livro certo para abirmos na incerteza... e fecharmos já prontos para enfrentar o mundo.

The New York Times Index 1981

The Confidence Gap By Russ Harris Indicaore

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