

# The Confidence Gap By Russ Harris Indicaore

Rejection Proof  
Get Out of Your Mind and Into Your Life  
The Confidence Gap  
Couple Skills  
Naked at Work  
Stand Up Strummer  
Christ-centered Therapy  
The Self Confidence Workbook  
The Mindful Way through Depression  
In The Meantime  
The Kindness Method  
Unstoppable Self Confidence: How to Create the Indestructible, Natural Confidence of the 1% who Achieve Their Goals, Create Success on Demand and L  
Confidence for Men  
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Get Out of Your Mind and Into Your Life for Teens  
A Contextual Behavioral Guide to the Self  
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Mindfulness  
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## Rejection Proof

If you could only get past feelings of embarrassment, fear, self-criticism, and self-doubt, how would your life be different? You might take more chances and make more mistakes, but you'd also be able to live more

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freely and confidently than ever before. *Get Out of Your Mind and Into Your Life for Teens* is a workbook that provides you with essential skills for coping with the difficult and sometimes overwhelming emotions that stress you out and cause you pain. The emotions aren't going anywhere, but you can find out how to deal with them. Once you do, you will become a mindful warrior—a strong person who handles tough emotions with grace and dignity—and gain many more friends and accomplishments along the way. Based in proven-effective acceptance and commitment therapy (ACT), this book will arm you with powerful skills to help you use the power of mindfulness in everyday situations, stop finding faults in yourself and start solving your problems, how to be kinder to yourself so you feel confident and have a greater sense of self-worth, and how to identify the values that will help you create the life of your dreams.

### **Get Out of Your Mind and Into Your Life**

It's time to enter the world of Max Strummer, a 30-something doctor who moonlights as a stand-up comedian. His medical practice is booming, his comedy career is taking off and his three-year relationship with Sarah is thriving. But everything crashes the night he catches Sarah in bed with another woman.

### **The Confidence Gap**

The 'reality slap' takes many different forms.

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Sometimes it is so violent it's more like a punch: the death of a loved one, a serious illness, a major injury, a freak accident, a shocking crime, a disabled child, the loss of a job; bankruptcy, betrayal, fire, flood, divorce or disaster. Sometimes it's a little gentler: envy, loneliness, resentment, failure, disappointment or rejection. But whatever form it takes, one thing's for sure: it hurts! And most of us don't deal with the pain very well. This book is based on a scientifically proven mindfulness-based approach called 'Acceptance and Commitment Therapy' (ACT). Within these pages, you will learn how to cope effectively when life hurts: not just how to survive, but how to thrive. Using the proven principles of ACT, you'll discover how to:

- \* find peace in the midst of your pain
- \* find calm in the midst of your chaos
- \* anchor yourself in the midst of emotional storms
- \* increase your sense of connection with yourself and others
- \* use your painful emotions to cultivate wisdom and compassion
- \* find fulfilment even when you can't get what you want
- \* heal your wounds, and come through stronger than before.

### **Couple Skills**

The Kindness Method is the key to breaking unwanted habits—for good! Combining her own therapeutic style, personal experiences, and techniques learned from working in the field of substance abuse, Shahroo Izadi shares simple steps that strengthen your willpower like a muscle, allowing you to sustain your motivation and make lasting change in your life. Shahroo's completely non-judgmental process for

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mapping and channeling your habits is based on the principle of treating yourself with the compassion and understanding that it is often only reserved for other people. From procrastination to issues of body image, this method works by creating a custom plan—mapped by you, for you, and driven by self-motivation.

### **Naked at Work**

Legions of self-help authors rightly urge personal development as the key to happiness, but they typically fail to focus on its most important objective: hardiness. Though that which doesn't kill us can make us stronger, as Nietzsche tells us, few authors today offer any insight into just how to springboard from adversity to strength. It doesn't just happen automatically, and it takes practice. New scientific research suggests that resilience isn't something with which only a fortunate few of us have been born, but rather something we can all take specific action to develop. To build strength out of adversity, we need a catalyst. What we need, according to Dr. Alex Lickerman, is wisdom—wisdom that adversity has the potential to teach us. Lickerman's underlying premise is that our ability to control what happens to us in life may be limited, but we have the ability to establish a life-state to surmount the suffering life brings us. *The Undefeated Mind* distills the wisdom we need to create true resilience into nine core principles, including: --A new definition of victory and its relevance to happiness --The concept of the changing of poison into medicine --A way to view prayer as a

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vow we make to ourselves. --A method of setting expectations that enhances our ability to endure disappointment and minimizes the likelihood of quitting --An approach to taking personal responsibility and moral action that enhances resilience --A process to managing pain—both physical and emotional—that enables us to push through obstacles that might otherwise prevent us from attaining our goals --A method of leveraging our relationships with others that helps us manifest our strongest selves Through stories of patients who have used these principles to overcome suffering caused by unemployment, unwanted weight gain, addiction, rejection, chronic pain, retirement, illness, loss, and even death, Dr. Lickerman shows how we too can make these principles function within our own lives, enabling us to develop for ourselves the resilience we need to achieve indestructible happiness. At its core, *The Undefeated Mind* urges us to stop hoping for easy lives and focus instead on cultivating the inner strength we need to enjoy the difficult lives we all have.

### **Stand Up Strummer**

Actively build self confidence in your everyday life with effective tools and strategies from *The Self Confidence Workbook*. Self confidence begins with knowing yourself. From facing fears to practicing acceptance and self-compassion, *The Self Confidence Workbook* offers practical, accessible strategies to get to know your best self and see real-world results. Barbara Markway, PhD, a licensed psychologist with

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nearly 30 years of experience, and writer Celia Ampel help you vanquish the demons of self-doubt and guide you through real-life, self confidence landmines like relationships, work, and health. With a goal-oriented approach, these proven strategies silence the self-critic within and guide you toward living your best life with confidence. Walk out on stage, ask for a raise, write a blog post, or ask someone out on a date. This self confidence workbook helps you achieve whatever you set your mind to, with: A 5-step program that begins with setting goals and uses evidence-based strategies to foster acceptance, mindfulness, self-compassion, etc. Interactive exercises that include reflections, checklists, and quizzes to foster self-confidence A guide to understanding self-confidence that defines what it means to be confident, and determines your level of self confidence as a starting reference Remember who you are, what you value, and gain self confidence in all areas of your life with *The Self Confidence Workbook*.

### **Christ-centered Therapy**

This is a hands-on, self-help guide to gaining long-lasting confidence and overcoming fear using mindfulness-based therapy. The author explains how many of us are playing the 'confidence game' using the wrong rules, and guides the reader through clear, simple exercises designed to help you manage difficult emotions such as anxiety and build genuine confidence. *The Confidence Gap* has a gentler, more thoughtful approach to teaching confidence than the typically aggressive/peppy self-help approach. It is

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instructive, reassuring and gentle in tone, which will appeal to women as well as men and the business market.

### **The Self Confidence Workbook**

From the brilliant psychoanalyst behind *Strictly Bipolar* and *What is Madness*, a short and fascinating guide to the history of human sleep - and why we can't seem to sleep any more. One in four adults sleeps badly. Sleeping pill prescriptions have increased dramatically over the last three decades, as have the incidence of sleep clinics. Sleep used to be a natural state, easy as breathing, but increasingly it is an insecure commodity. Isn't it? Our relationship to sleep surfaces and resurfaces throughout human history, each time telling us something new about our individual and collective psychology. From the industrial revolution to blue-light on our phones, from the ancient art of dream interpretation to the modern science of Freud, sleep is connected to wider social patterns, to shifting norms and expectations. Weaving together cultural, social, economic and psychoanalytic influences, Darian Leader delves into the truth about this universal human experience.

### **The Mindful Way through Depression**

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Written for anyone who's ever felt that their fears and

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insecurities are getting in the way of accomplishing their life goals, *The Big Leap* (2009) is a guidebook for taking that life-changing plunge. By laying out the numerous ways in which we sabotage our own lives, Hendricks provides readers with a practical, step-by-step roadmap for eliminating these toxic behaviors and achieving our dreams.

### **In The Meantime**

Renowned ACT expert Russ Harris presents easy-to-read Q&A sessions to uncover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that “stuckness” into powerful personal growth.

Acceptance and commitment therapy (ACT) is a highly effective, evidence-based treatment for a number of mental health issues—from depression to addiction—that focuses on mindfulness, client values, and a commitment to change. It also provides innovative tools, techniques, and strategies for promoting psychological flexibility and profound behavioral change. However, there are several challenges and frustrations that can arise when delivering ACT in-session. In the tradition of the hugely popular professional guide *ACT Made Simple*, *ACT Questions and Answers* offers practical tools for overcoming common sticking points in-session. You’ll find effective tips and strategies for moving past misconceptions about mindfulness and acceptance, how to deal with reluctant or unmotivated clients, and how to break down communication barriers that can stand in the way of progress. You’ll also find links to

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free downloadable resources. If you are new to ACT—or just want to improve your delivery—this easy-to-read reference guide will help you troubleshoot common in-session challenges and help your clients achieve lasting change.

### **The Kindness Method**

Locked in a vault since 1941, here is Napoleon Hill's definitive lesson on how to organize your thinking to attain success! In *How to Own Your Mind*, you receive a one-of-a-kind master class in how to think for success from motivational pioneer and author of *Think and Grow Rich*, Napoleon Hill. In three compelling chapters, Hill demonstrates how to organize, prioritize, and act on information so that it translates into opportunity. Knowledge is not power. Only applied knowledge is power. This book teaches you how to use what you know, and how to know what's worth knowing. "The name Napoleon Hill is synonymous with practical advice on how to get ahead."—Mitch Horowitz, CNBC.com

### **Unstoppable Self Confidence: How to Create the Indestructible, Natural Confidence of the 1% who Achieve Their Goals, Create Success on Demand and L**

A guide to achieving total self-confidence explains how to dispose of negative emotions and feelings, unlock the potential of one's creative imagination, and take advantage of the simple, step-by-step principles to tap into one's creative imagination,

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enhance communication, set and achieve goals, and eliminate fear, worry, and guilt. Reprint.

### **Confidence for Men**

The “reality slap” takes many different forms. Sometimes, it’s more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it’s a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. But whatever form your reality slap takes, one thing’s for sure—it hurts! And most of us don’t deal with the pain very well. *The Reality Slap* offers a four-part path for healing from crises based on acceptance and commitment therapy. In these pages, you will learn how to:

- Find peace in the midst of your pain
- Rediscover calm in the midst of chaos
- Turn difficult emotions into wisdom and compassion
- Find fulfillment, even when you can’t get what you want
- Heal your wounds and emerge stronger than before

Unlike some self-help books that claim you can have everything you ever wanted in life, if you only put your mind to it, this book claims that you can't have everything in life. The hard truth of this world is that we are all going to experience disappointment, frustration, failure, loss, rejection, illness, injury, aging, and death at some point. However, in spite of all this, you can still lead a rich and rewarding life. Let this book be your guide.

### **The Confidence Code**

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A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

## **You Are a Badass®**

Think about what kind of leader you could be if you knew, with absolute certainty, that you were the best person for the job. Now, think about all the reasons you can't be that leader. The stories you carry, your failures, the realities of your organization--everything that's in your way. The truth? You can be the strong, inspirational leader you imagine by leading authentically. But you have to peel back the facade and get naked. Many books tout the benefits of authenticity, but none explains exactly how to lead authentically or detail the rewards and risks of that choice. *Naked at Work* does both, making the case for authentic leadership and detailing the proven, step-by-step process used in elite executive coaching. This book will embolden you to own your unique story and use that real, imperfect experience to drive your personal and team performance. Using real examples from executives in large companies, the latest leadership theory and data, and her own track record of spectacular failures, Danessa Knaupp shows leaders how to get brave, get naked, and be the leaders they've always imagined.

## **How to Own Your Own Mind**

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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Working women today are better educated and more well qualified than ever before. Yet men still predominate in the corporate world. In *The Confidence Code*, Claire Shipman and Katty Kay argue that the key reason is confidence. Combining cutting-edge research in genetics, gender, behavior, and cognition—with examples from their own lives and those of other successful women in politics, media, and business—Kay 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 Myth Of Laziness**

Diet fads and fitness trends may offer the prospect of losing weight, but they rarely work out long-term. *The Weight Escape* offers something life-changingly different. Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), Dr. Russ Harris, author of the best-selling *Happiness Trap*; psychological practitioner Ann Bailey; and scientist Joseph Ciarrochi show you how to make the lasting changes you want. Focusing on the mental barriers that can keep us from setting and achieving our goals, they promote a holistic approach to well-being and weight loss—one that goes beyond meal plans and calorie counting to apply mindfulness to how you live as well as to what you eat. Through practical exercises and personal stories they show you how to:

- Set goals and give direction to your life
- Overcome destructive habits and exercise self-control
- Deal

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with cravings and stressful situations • Develop self-acceptance This book contains the tools you need not only to get the weight-loss results you want but to maintain a healthy weight—and a healthy sense of well-being—for the rest of your life.

### **Declutter Your Mind**

YOU ARE A BADASS IS THE SELF-HELP BOOK FOR PEOPLE WHO DESPERATELY WANT TO IMPROVE THEIR LIVES BUT DON'T WANT TO GET BUSTED DOING IT. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bitesized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, Make some damn money already. The kind you've never made before. By the end of *You Are a Badass*®, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

### **The Bravest You**

Love takes work, but, when it comes to relationships, it pays to work smarter. *Couple Skills*, Second Edition, revised and updated from the therapist-recommended classic, will show you how to work smarter in your relationship. You'll learn to improve

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communication, cope better with problems, and resolve conflicts with the one you love in healthy and creative ways. Each chapter teaches you an essential skill that supports greater relationship satisfaction and deeper intimacy. New to this edition is a chapter on using acceptance skills, developed from the revolutionary new acceptance and commitment therapy (ACT). These new approaches will help you to accept your partner's feelings (and your own emotions) without judgment. Using these techniques will help you decide what you really value in your relationship and then commit to acting in ways that further those values every day.

### **Summary & Analysis of *The Confidence Gap***

Popular myths about love set us up for a struggle with real life. The inconvenient truth is there's no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn't mean you can't have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness-based acceptance and commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

### **ACT with Love**

A grounded and valuable approach to life in general, *The Confidence Gap* tackles commonly experienced

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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 success. What does this ZIP Reads Summary Include?

- Synopsis of the original book
- A detailed overview of each section
- The 10 Rules for Confidence
- Key themes & analysis of the rules
- How to apply the rules in your daily life with specific mindfulness techniques
- Background on the original author

Confidence is a game changer and a key component in living the best life possible. So what if you don't have it? Russ Harris shows us where the confidence gap has taken root and how we can overcome the myths it has entrenched in a success-driven society. Grounded and flexible in his approach, Harris starts a conversation about making friends with difficult feelings and accepting the mind's relentless 'radio' commentary; while defusing fear and self-judgement with openness. He highlights simple steps to achieving genuine confidence, based on a pattern of mindful, values-based living; with a spark of curiosity and a long overdue reality check. **DISCLAIMER:** This book is intended as a companion to, not a replacement for, *The COncidence Gap*. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way.

### **The Reality Slap**

There's nothing wrong with you, you're not broken and you don't need fixing. Here's the bad news: 99% of people go through almost their whole lives never

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really feeling good about who they are, never really liking themselves and never thinking that they are enough. And as a result, they live a life that is a tiny fraction of what it could be, the life they have settled for instead of the life they dreamed of. If you are not yet living the life of your dreams, the chances are that this is you too. Here's the good news: You already have everything you need to be confident and successful and to live the life you want on your terms. You only need to UNLEARN all the bad programming and wrong thinking that you've been given to unleash the incredible power within you. This book will show you how. After finding himself at his absolute lowest point, Andrew Leedham went on a mission to discover the secrets to creating the unstoppable self-confidence of the 1%. What he discovered shocked him. That most teaching on confidence and success was not only wrong but also highly destructive. And that with the secrets he discovered you could transform your confidence and success, PERMANENTLY and FAST. If you're on the fence about reading this book: This book is all about how to create the indestructible, natural confidence of the 1% who live life on their terms and achieve success in all they do. In this no-nonsense, application-specific guide, you'll get the most powerful strategies and success principles to build the mindset and confidence that will make you unstoppable. Most importantly, how I teach this is what makes the transformation of your confidence permanent.

### **Why Can't We Sleep**

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A positive psychology expert's approachable and game-changing guide to wiring your brain for a more action-oriented kind of confidence that boosts your courage to act, even when you're feeling afraid.

### **Getting Unstuck in ACT**

One of the most common complaints parents hear is that their child has great potential but is lazy. In the workplace one hears that a colleague is brilliant but just can't seem to deliver on time. Dr Levine believes that in reality very few people are truly lazy. Nearly all 'lazy' children and unproductive adults are in fact suffering from some sort of 'output failure,' that is, some problem of the mind that inhibits their productivity, despite their good intentions. In this book Dr Levine draws heavily on his years of clinical experience to construct the stories of representative children and adults who failed to be productive for the most common reasons. Too often we focus only on failure but people benefit enormously from recognition of their successes. In explaining outside or environmental factors that can affect productivity, Dr Levine points to the role of parents as well as teachers in identifying a child's weaknesses and nurturing the capacity to deliver, with such practical suggestions as describing the ideal study environment for a child. Whether the problem is manifested in motor breakdown, memory shortfall, verbal problems, lack of mental energy or underlying disorganization, Dr Levine provides a workable solution and dismisses the 'lazy' label.

## **Wire Your Brain for Confidence**

Most of us go through life with a vision of what the ideal relationship is supposed to be, yet too often our longing for a soul mate leads to disappointment and heartbreak. What we see, desire, or harshly judge in our mate is but a reflection of self, Vanzant explains, as in *IN THE MEANTIME* she helps us to break free of our fantasies and view a relationship as an ongoing process of discovery and growth. Whether she is offering practical advice on how to avoid making the same relationship mistakes over and over again, or helping us to view the painful end of a relationship as an opportunity to learn and change, Iyanla Vanzant, as author Patrice Gains has said, 'reminds us that every moment is an opportunity to learn and inspires and encourages us to continue our inward daily search'.

## **The Happiness Trap**

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

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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.

### **The Ultimate Secrets of Total Self-Confidence**

An entertaining and inspiring account of conquering the fear of rejection, offering a completely new perspective on how to turn a no into a yes. Jia Jiang came to the United States with the dream of being the next Bill Gates. But despite early success in the corporate world, his first attempt to pursue his entrepreneurial dream ended in rejection. Jia was crushed, and spiraled into a period of deep self doubt. But he realized that his fear of rejection was a bigger obstacle than any single rejection would ever be, and he needed to find a way to cope with being told no without letting it destroy him. Thus was born his "100 days of rejection" experiment, during which he willfully sought rejection on a daily basis--from requesting a lesson in sales from a car salesman (no) to asking a flight attendant if he could make an announcement on the loud speaker (yes) to his famous request to get Krispy Kreme doughnuts in the shape of Olympic rings (yes, with a viral video to prove it). Jia learned that even the most preposterous

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wish may be granted if you ask in the right way, and shares the secret of successful asking, how to pick targets, and how to tell when an initial no can be converted into something positive. But more important, he learned techniques for steeling himself against rejection and ways to develop his own confidence--a plan that can't be derailed by a single setback. Filled with great stories and valuable insight, *Rejection Proof* is a fun and thoughtful examination of how to overcome fear and dare to live more boldly. From the Hardcover edition.

### **ACT Made Simple**

Help your clients gain access to the transformative grace of God through Christ! All too often, psychology and spirituality are kept in separate boxes, lessening the power of each to work effective changes. *Christ-Centered Therapy: Empowering the Self* brings together Christian faith with the Internal Family System (IFS) model. This widely accepted paradigm facilitates psychological healing by showing how the self can become the change agent for the dysfunctional internal system. Christ-centered IFS (CCIFS) combines the power of internal system therapy with the healing power of God for lasting change. Therapists with Christian clients, faith-based clients, or clients who need foundational grounding will benefit from the psychological and spiritual dimensions of *Christ-Centered Therapy: Empowering the Self*. This powerful therapeutic model posits a self surrounded by subpersonalities who carry anger, fear, distrust, and other negative responses. When the

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client's self takes the leadership role, the self becomes the channel for Christ's grace for all the subpersonalities. One by one they become empowered, center around self and God, and contribute their resources to the functioning of the whole personality. Christ-Centered Therapy: Empowering the Self provides exercises and visual aids to help both client and counselor, including: four tools to teach the self to lead effectively worksheets to serve as a structural and visual guide to understanding, developing, and using each tool a "parts map" for client and counselor to use collaboratively cartoons, structural diagrams, and dialogues to illustrate new concepts and procedures Each chapter of Christ-Centered Therapy: Empowering the Self provides specific help for the counselor, including: case studies showing step-by-step clinical interventions a content summary a clinical outline listing the interventions in sequence an exercise to help counselors discover their own inner and spiritual dynamics Christ-Centered Therapy: Empowering the Self brings together the diagnostic and restorative power of IFS with the transforming power of Christian spirituality. It is essential for Christian counselors and for non-Christian counselors who are seeking more effective ways to treat Christian clients.

### **The Reality Slap**

This is a hands-on, self-helpguide to gaining long-lasting confidence and overcoming fear using mindfulness-based therapy. The author explains how

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many of us are playing the 'confidence game' using the wrong rules, and guides the reader through clear, simple exercises designed to help you manage difficult emotions such as anxiety and build genuine confidence. *The Confidence Gap* has a gentler, more thoughtful approach to teaching confidence than the typically aggressive/peppy self-help approach. It is instructive, reassuring and gentle in tone, which will appeal to women as well as men and the business market.

### **Radical Acceptance**

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. This e-book includes an audio program of guided meditations, narrated by Jon Kabat-Zinn, for purchasers to stream or download from the Web. See also the authors' *Mindful Way Workbook*, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the

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authors' bestselling therapy guide: Mindfulness-Based Cognitive Therapy for Depression, Second Edition. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

### **Get Out of Your Mind and Into Your Life for Teens**

Confidence For Men - 24 Instant Confidence Boosting Tips by Charlie Valentino. This revolutionary book which aims to help men from all walks of life improve their self confidence contains 24 chapters of easy to implement tips and strategies. Discover the subtle body language traits which all confident men have and how you can use confident body language to actually fool your brain into thinking you're a confident man. Learn about becoming a leader, one of the most important things all confident people have in common. You'll also find out how to create the best possible social circle, the importance of identifying and cutting out negative people who bring you down and instead finding and including those people who'll add to your life. Building self confidence to last you the rest of your life begins with taking action! Confidence For Men emphasizes the importance of taking action. That action starts here!

### **A Contextual Behavioral Guide to the Self**

For many of us, feelings of deficiency are right around the corner. It doesn't take much--just hearing of someone else's accomplishments, being criticized,

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getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. —from *Radical Acceptance*

“Believing that something is wrong with us is a deep and tenacious suffering,” says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork—all the forces that keep our lives constricted and unfulfilled. *Radical Acceptance* offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach’s twenty years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of *Radical Acceptance*. *Radical Acceptance* does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

### **The Undefeated Mind**

MINDFULNESS reveals a set of simple yet powerful

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practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre. It's the kind of happiness that gets into your bones. It seeps into everything you do and helps you meet the worst that life can throw at you with new courage. The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and it is recommended by the UK's National Institute of Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world.

MINDFULNESS focuses on promoting joy and peace rather than banishing unhappiness. It's precisely focused to help ordinary people boost their happiness and confidence levels whilst also reducing anxiety, stress and irritability.

### **Confidence Hacks**

The self plays an integral role in human motivation, cognition, and social identity. A Contextual Behavioral Guide to the Self translates this difficult—yet essential—therapeutic process into easy-to-apply steps and user-friendly language. For many clients, it's incredibly difficult to shed preconceived notions of “who they really are,” and negative perceptions of the self can lead to feelings of low self-worth that stand in

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the way of treatment. Furthermore, every client who partakes in acceptance and commitment therapy (ACT) must identify a self as part of their treatment, and clinicians often report that observing the self, or “self as context,” is the most difficult of all six core ACT processes. Problems with the self arise when clients orient themselves in the world and learn to relate to others, but these problems can vary considerably. For example, some clients may have deficits in developing a strong sense of self in the first place—particularly if they are diagnosed with autism spectrum conditions (ASC). Depressed clients or those with borderline personality disorder (BPD) may develop a skewed, negative sense of self, and those with narcissistic personality disorder (NPD) may develop an inflated sense of self. With this unique road map, you will learn to apply the complex theory of the self into everyday practice, and help all clients develop empathy, compassion, and flexible perspective taking—leading to better treatment outcomes and better lives for clients.

### **ACT Questions and Answers**

Would you like to be less stressed and more fulfilled at work? Then join the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). ACT is not just a proven effective treatment for depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and myriad other psychological issues. It's also a revolutionary new way to view the human condition,

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packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside this book, you'll find:

- Scripts, exercises, metaphors, and worksheets to use with your clients
- A session-by-session guide to implementing ACT Transcripts from therapy sessions
- Guidance for creating your own therapeutic techniques and exercises
- Practical tips to overcome 'therapy roadblocks'

### **The Confidence Gap: From Fear to Freedom**

Feel overwhelmed by your thoughts? Struggling with anxiety about your daily tasks? Or do you want to stop worrying about life? The truth is we all experience the occasional negative thought. But if you always feel overwhelmed, then you need to closely examine how these thoughts are negatively impacting your lifestyle. The solution is to practice specific mindfulness techniques that create more "space" in your mind to enjoy inner peace and happiness. With these habits, you'll have the clarity to prioritize what's most important in your life, what no longer serves your goals, and how you want to live on a daily basis. And that's what you'll learn in *Declutter*

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Your Mind. DOWNLOAD:: Declutter Your Mind -- How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking The goal of this book is simple: We will teach you the habits, actions, and mindsets to clean up the mental clutter that's holding you back from living a meaningful life. You will learn: \*\* 4 Causes of Mental Clutter \*\* How to Reframe ALL Your Negative Thoughts \*\* 4 Strategies to Improve (or Eliminate) Bad Relationships \*\* The Importance of Decluttering the Distractions That Cause Anxiety \*\* A Simple Strategy to Discover What's Important to YOU \*\* 400 Words That Help Identify YOUR Values \*\* The Benefit of Meditation and Focused Deep Breathing (and How to Do Both) \*\* How to Create Goals That Connect to Your Passions Declutter Your Mind is full of exercises that will have an immediate, positive impact on your mindset. Instead of just telling you to do something, we provide practical, science-backed actions that can create real and lasting change if practiced regularly. Would You Like To Know More? Download now to stop worrying, deal with anxiety, and clear your mind. Scroll to the top of the page and select the buy now button.

## **The Weight Escape**

A Breakthrough Bravery System to Confront Your Greatest Fears, Find Your Purpose, and Create the Successful Life You Want Feeling directionless, or perhaps too intimidated to make a necessary change in your life? Tired of letting your fears keep you from achieving your goals or becoming healthier, happier, or more successful? If so, this book is for you. Popular

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life coach and consultant Adam Smith has created a powerful method to help you harness your inner passion and drive to overcome whatever is holding you back. *The Bravest You* presents the five-step Bravery Process™, an easy and highly effective way to master our biggest fears. Offering inspiring and helpful advice, Smith guides you through each of stage of the process—Complacency, Inspiration, Fear, Passion, Bravery—showing how to identify goals and passions and apply the Bravery Process to any circumstance. These proven techniques will empower you to conquer your doubts once and for all and become your bravest self. Covering the ten most common fears all successful people face, from the fears of inadequacy and being judged, to rejection, failure, loss of control, and loneliness, *The Bravest You* arms you with the necessary tools to tackle any fear-inducing situation head-on and lead the braver, happier, and more successful life you've always imagined.

### **The Big Leap by Gay Hendricks (Summary)**

For a scientist committed to empirical evaluation, it is important to show that materials can be helpful outside the context of a therapeutic relationship, so, generally speaking, we know that a book like this is likely to be helpful. Several of the specific components in this book have been tested, sometimes in a form very similar to the way you are contacting this material. For example, several studies evaluated the impact of short passages drawn nearly

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word for word from ACT materials (very similar to what you've read) that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies looked at the distress produced by difficult or intrusive cognitions, or clinically relevant anxiety. Some were done with patients, others with normal populations. The specific ACT components that have been examined so far include defusion, acceptance, mind-fulness, and values. The techniques included exercises, metaphors, and rationales, including several that can be found in this book (e.g., word repetition, physicalizing, leaves on a stream, the quicksand metaphor, the Chinese finger trap metaphor, and so forth). Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of the context of a therapeutic relationship, when presented in a form similar to the form in which you have contacted this material.

### **Mindfulness**

Boost Your Confidence Daily  
Want to feel more self-assured and motivated in your career? Have you had difficulty speaking up for yourself or saying what you feel? Ready to feel good about who you are, how you look, and your ability to make things happen? Right now, you have goals and dreams for your life. You

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have many skills, talents, and plenty of intelligence. But sometimes a lack of confidence holds you back from taking action, being your best self, and achieving the success in your work, relationships, and life that you deserve. Every single day, you CAN take small actions to rebuild your confidence so that over time, you emerge as a new person — someone who knows they have what it takes and isn't afraid to go for it. With an arsenal of small tools at your disposal, you can build a powerful confidence foundation to support you and keep you on track for ongoing success. Big Hacks + Small Actions = A Confident New You

Most people lack confidence in some area of their lives. Some people lack confidence in general. Either way, it's important to look at ALL parts of your life to see where low confidence might be holding you back or infecting other aspects of your life with fear or inertia. With Confidence Hacks, you'll review 99 hacks or tips in ten key areas to give you clarity on your confidence roadblocks. These ideas will reveal the benefits of strengthening confidence in each area and challenge you to take small, manageable actions to renew your motivation, self-assurance, and determination. The book covers confidence hacks for relationships, social life, career, communication, appearance, self-improvement, body language, thinking, fun and adventure, and finances. Take Control: How Confidence Hacking Can Change Your Life

Confidence has the power to make or break us. When we have it, we feel on top of the world and capable of anything. Without it, we want to stay in the shadows, never venturing past the status quo. Even a small amount of confidence can motivate you to take one action — and it only takes one action to

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implement powerful change. Just asking for the sale could make the difference in getting the account or losing it. Simply introducing yourself could lead you to the love of your life. Having the courage to ask for that raise could mean living in your dream house. With every small win, your confidence grows exponentially. When you learn small confidence hacks, you create big ripples of positive change in your life. ORDER: Confidence Hacks: 99 Small Actions to Massively Boost Self-Confidence Confidence Hacks is your handbook for taking control of your confidence, one small action at a time. It's your go-to guide whenever you need a little confidence kick in the butt and a bit of inspiration to remember the powerful, amazing person you are. It will gently challenge you to stop fretting and start doing, even when you feel afraid. You'll learn: \*\* How to notice "people pleasing". \*\* How to build sexual confidence.\*\* The skills of small talk and social conversation. \*\* The best way to get clear on career goals.\*\* How to speak out in groups and speak up for what you want. \*\* Why you need to learn confident body language\*\* The secret to disengaging from negative thought loops and limiting beliefs.\*\* Ideas on feeling confident about your money and financial situation.\*\* Want to Know More? Order and begin boosting your self-confidence starting today. Scroll to the top of the page and select the "buy" button.

### **The Confidence Gap**

Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients

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struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients. In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly

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necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

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