The Confidence Code: The Science And Art Of Self-Assurance - What Women Should Know

THE CONFIDENCE CODE

THE SCIENCE AND ART OF SELF-ASSURANCE—
WHAT WOMEN SHOULD KNOW

Authors of the *New York Times* Bestseller *Womenomics*

KATTY KAY & CLAIRE SHIPMAN

Read by Sandy Rustin

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Synopsis

Following the success of Lean In and Why Women Should Rule the World, the authors of the best-selling 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. 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.PLEASE NOTE: When you purchase this title, the accompanying reference material will be available in your My Library section along with the audio.

Book Information

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Customer Reviews

I'm suspicious of some of the five star reviews of this book. If you check out their total reviews, for many this is their only review, and for others, they have just 2 or 3 reviews, all 5 star. And they gush a bit too much about this book. I'm having difficulty getting through this book because it's boring. It's mainly stories about wealthy, highly educated women, or celebrities, who expressed at some point that they felt lucky or unworthy, etc. There are other things in the book, and it is enlightening in some respects. But it's not geared toward helpful advice for the average woman. I agree with the

several other reviews for this book that say much the same thing as I am saying. It's not a total waste of money, and if the stats apply to you, you may find it more applicable to yourself. I did find one thing in the book that I am using, which is that women apologize all the time, whether it's justified or not. I've noticed that I do the same, so am trying to alter this. The response has not been great. The problem is, and perhaps the reason why, women appear to lack confidence and apologize, is because the response when they don't do that is not good. The goal is to get certain things, whether it's a job or a raise or congeniality in the office. I believe that women have learned how to win the end game through experience, and that experience has shown that the best way to do this is to APPEAR more subserviant and pleasant than you are. I saw a documentary once about how girl toddlers & boy toddlers are treated differently, and wondered why girls cry more than boys. You could see in the test that when girl toddlers cried in a child pen area, they got picked up more often than the boys did when they cried.

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Talking) Calculate with Confidence, 6e (Morris, Calculate with Confidence) Calculate with Confidence, 5e (Morris, Calculate with Confidence) Interviewing: BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! (BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! GET THE JOB YOU DESERVE!) (Volume 1) The Joshua Code: 52 Scripture Verses Every Believer Should Know