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## Confidence 2.0: Why you need less than you think and how to achieve success in life (Paperback)

By Rob Yeung

Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Confidence 2.0 is not only a great read but also a novel approach to building and sustaining confidence, based on the latest science - a must read Professor Sir Cary Cooper, 50th Anniversary Professor of Organizational Psychology and Health at ALLIANCE Manchester Business School, University of Manchester Often the only thing separating successful people from the crowd is the beliefs that they have running around inside their heads and their innate self-confidence. But this book isn't about promoting unrealistic positive thinking - it's a book that helps you understand the complex psychology of your beliefs, your thoughts, values, attitudes and feelings. Some of us overestimate ourselves and are overconfident or even unwittingly arrogant and unable to see our flaws - and that includes people ranging from naive job hunters to even presidents and prime ministers. Others amongst us underestimate ourselves and are unaware of our full potential. The reality is that most of us both overestimate ourselves in some respects and underestimate ourselves in others. This book will open your eyes, doing away with unhelpful beliefs and instilling new, more helpful beliefs...



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