Additional Resources for “Confident”

“Your Body Language Shapes Who You Are” (Ted Talk) by Amy Cuddy
http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en

Body language affects how others see us, but it may also change how we see ourselves. Social psychologist Amy Cuddy shows how “power posing” — standing in a posture of confidence, even when we don't feel confident — can affect testosterone and cortisol levels in the brain, and might even have an impact on our chances for success.

The Confidence Code (book) by Katty Kay and Claire Shipman
http://theconfidencecode.com/

Confidence. We know it when we see it or think we do. And we want it for ourselves. The authors of the New York Times bestseller Womenomics deconstruct this essential, elusive, and misunderstood quality and offer a blueprint to bring more of it into our lives.

Does confidence come from our genes or can we learn it? Is it best demonstrated by bravado or is there another way to be confident? Is confidence more critical for success than competence? Why do so many women, even the most successful, seem to struggle with feelings of self-doubt?

In The Confidence Code, journalists Shipman and Kay travel to the frontiers of neuroscience on a hunt for the confidence gene and reveal surprising new research on its roots in our brains. Their investigation leads them to do their own genetic testing, with unexpected results. They visit the world's leading psychologists who explain how we can all chose to become more confident simply by taking action and courting risk, and how those actions change our physical wiring. They interview women leaders from the worlds of politics, sports, the military and the arts to learn how they have tapped into this elemental resource. They examine how a lack of confidence impacts our leadership, success, and fulfillment.