

The Confidence Gap From Fear To Freedom

[#confidence gap](#) [#overcoming fear](#) [#building self confidence](#) [#personal freedom](#) [#self empowerment](#)

Discover how to bridge the crucial 'confidence gap' and embark on a transformative journey from the limitations of fear to the boundless possibilities of freedom. This guide offers actionable strategies to cultivate inner strength, challenge limiting beliefs, and empower yourself to live a life of purpose and authentic self-expression. Learn to unlock your full potential and embrace genuine liberation.

Thousands of students rely on our textbook collection to support their coursework and exam preparation.

Welcome, and thank you for your visit.

We provide the document Confidence Gap Overcome you have been searching for. It is available to download easily and free of charge.

Across countless online repositories, this document is in high demand.

You are fortunate to find it with us today.

We offer the entire version Confidence Gap Overcome at no cost.

The Confidence Gap

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

The Confidence Gap

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.

The Confidence Gap

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.

The Happiness Trap

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.

The Reality Slap 2nd Edition

Popular myths about happiness directly contribute to our epidemic of stress, anxiety and depression - and some popular remedies are making it even worse! In his original bestselling self-help book, Dr Russ Harris revealed how millions of people are unwittingly caught in 'The Happiness Trap'. He then provided an effective means to escape: ACT (or Acceptance and Commitment Therapy) based on the principles of mindfulness. Now, in *The Happiness Trap Pocketbook*, Dr Harris joins forces with acclaimed illustrator and self-help author, Bev Aislett, to produce this illustrated, engaging and genuinely helpful guide to breaking free of 'the happiness trap' and finding a true sense of wellbeing.

The Happiness Trap Pocketbook

Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of *ACT with Love*, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. *ACT with Love* will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

ACT with Love

A grounded and valuable approach to life in general, *The Confidence Gap* tackles commonly experienced 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 COntidence Gap*. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way.

Summary & Analysis of The Confidence Gap

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 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.

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

NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical 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, 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; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

ACT Made Simple

New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of *The Confidence Code* gives girls the essential yet elusive code to becoming bold, brave, and fearless. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, *The Confidence Code for Girls* teaches girls to embrace risk, deal with failure, and be their most authentic selves. It's a paradox familiar to parents everywhere: girls are achieving like

never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online. Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Plus don't miss Living the Confidence Code! Packed with photos, graphic novel strips, and engaging interviews, Living the Confidence Code proves that no matter who you are, or how old you are, nothing is out of reach when you decide to try.

The Confidence Code for Girls

National Book Award Finalist: "This man's ideas may be the most influential, not to say controversial, of the second half of the twentieth century."—Columbus Dispatch At the heart of this classic, seminal book is Julian Jaynes's still-controversial thesis that human consciousness did not begin far back in animal evolution but instead is a learned process that came about only three thousand years ago and is still developing. The implications of this revolutionary scientific paradigm extend into virtually every aspect of our psychology, our history and culture, our religion—and indeed our future. "Don't be put off by the academic title of Julian Jaynes's *The Origin of Consciousness in the Breakdown of the Bicameral Mind*. Its prose is always lucid and often lyrical...he unfolds his case with the utmost intellectual rigor."—The New York Times "When Julian Jaynes . . . speculates that until late in the twentieth millennium BC men had no consciousness but were automatically obeying the voices of the gods, we are astounded but compelled to follow this remarkable thesis."—John Updike, *The New Yorker* "He is as startling as Freud was in *The Interpretation of Dreams*, and Jaynes is equally as adept at forcing a new view of known human behavior."—American Journal of Psychiatry

The Origin of Consciousness in the Breakdown of the Bicameral Mind

Over the last 35 years, Steven C. Hayes and his colleagues have developed Acceptance and Commitment Therapy (ACT) with many hundreds of studies supporting the impact of his approach on everything from chronic pain to weight loss to prejudice and bigotry. *A Liberated Mind* is the summary of Steven's life's work which will teach readers how to live better, happier and more fulfilled lives by applying the six key processes of ACT. Put together these processes teach us to pivot: to "defuse" rather than fuse with our thoughts; to see life from a new perspective; and to discover our chosen values, those qualities of being that fuel meaning. Steve shares fascinating research results like how ACT techniques decreased typing errors on a clerical test or showed that positive affirmations actually increase negative emotion. And he weaves them with stories of clients and colleagues as well as his own riveting story of healing himself of a severe panic disorder, which is how the idea of psychological flexibility was born. *A Liberated Mind* is a powerful and important book about a new form of psychology, destined to become a modern classic of narrative psychology on par with *Daring Greatly* and *Rising Strong* by Brene Brown, or Carol Dweck's *Mindset*.

A Liberated Mind

THE MILLION-COPY BESTSELLER Do you ever feel worried, miserable or unfulfilled - yet put on a happy face and pretend everything's fine? You are not alone. Stress, anxiety, depression and low self-esteem are all around. Research suggests that many of us get caught in a psychological trap, a vicious circle in which the more we strive for happiness, the more it eludes us. Fortunately, there is a way to escape from the 'Happiness Trap' in this updated and expanded second edition which unlocks the secrets to a truly fulfilling life. This empowering book presents the insights and techniques of Acceptance and Commitment Therapy (ACT), covering more topics and providing more practical tools than ever before. Learn how to clarify your values, develop self-compassion and find true satisfaction with this bigger and better guide to: · Reducing stress and worry · Handling painful thoughts and feelings more effectively · Breaking self-defeating habits · Overcoming insecurity and self-doubt · Building better relationships · Improving performance and finding fulfilment at work The Happiness Trap is for everyone. Whether you're lacking confidence, facing illness, coping with loss, working in a high-stress job, or suffering from anxiety or depression, this book will show you how to build authentic happiness, from the inside out.

The Happiness Trap 2nd Edition

Own Life is the 8 step how-to guide to showing up with confidence and taking control of the future. Referencing 30+ models and theories; brought to life with 100 illustrations; and made practical with self-reflection exercise and real world experiments to take.

Own Life

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 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.

The Self Confidence Workbook

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his resume, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Think Like a Monk

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.

Stand Up Strummer

Damaged. Broken. Destroyed. I've heard it all. A single moment of trusting the wrong person shattered my life into pieces, and my family has never looked at me the same. It's impossible to convince them that I'm anything more than the broken girl they rescued all those years ago. Until I meet him. Ramsey's

grumpy demeanor and menacing scowl scare most of the world away. But not me. Not when I've seen his gentle hands soothe an abused colt or comfort a terrified mare. And when I finally get up the courage to strike out on my own, Ramsey's there. Roommates felt like such a safe proposition until Ramsey's lingering touches and wicked smile light a fire in me I don't think will ever be extinguished. And he feels it, too... But just as my new life begins to take root, an evil from my past emerges from the shadows, casting a darkness on my newfound freedom. And this time, they won't settle for pieces of me. They want everything...

Fractured Sky

Hats of Faith is a simple and striking introduction to the shared custom of religious head coverings. With bright images and a carefully researched interfaith text, this thoughtful book inspires understanding and celebrates our culturally diverse modern world.

Hats of Faith

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. 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 Confidence Code

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

The 48 Laws of Power

Skip the diets and calorie counting—the bestselling author of *The Happiness Trap* reveals how mindful eating is the key to long-term weight control and well-being Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), *Happiness Trap* author Dr. Russ Harris, psychological practitioner Ann Bailey, and scientist Joseph Ciarrochi present a holistic approach to well-being and weight loss. Focusing on the mental barriers that prevent us from setting and achieving our goals, they go beyond meal plans and calorie counting to explain how you can apply mindfulness to your lifestyle and eating habits. 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 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.

The Weight Escape

8. Challenging the state.

Ending Violence Against Women

There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life. This new edition of *The Shyness and Social Anxiety Workbook* offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to:

- Find your strengths and weaknesses with a self-evaluation
- Explore and examine your fears
- Create a personalized plan for change
- Put your plan into action through gentle and gradual exposure to social situations

Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

The Shyness and Social Anxiety Workbook

What if you could train your brain to experience greater happiness, focus, and emotional balance in daily life? What if it took just ten minutes a day? In *The Happiness Plan*, Dr Elise Bialylew offers a roadmap to a happier life. Drawing on her background in medicine, psychiatry and mindfulness meditation, she has created a powerful one-month mindfulness program that will lead you to a more balanced and fulfilled existence. In this transformative guidebook you'll discover simple practices to:

- Increase your sense of wellbeing, balance and joy
- Reduce stress and worry (and its negative impact on your body)
- Improve your focus, performance and fulfilment at work
- Create more fulfilling relationships
- Increase your sense of purpose, connection and meaning in life.

Featuring access to guided audio meditations, daily mindfulness exercises, fascinating scientific insights and recipes to inspire mindful eating, *The Happiness Plan* has the power to transform your mind, and your life.

Happiness Plan

Get ready to start taking charge of your own success. Whether it is through our parents, our education, our bosses, our colleagues, or the media we consume, we are constantly told that being humble is essential to our professional success. It's often seen as distasteful or arrogant to shout about our achievements. But in a modern workplace, where the conventional, steady, linear career path is becoming rarer and rarer, this advice seems ever-more obsolete. In the age of flexible working and portfolio careers, it's time to f*ck being humble. With simple exercises, steps and real-life examples, this is a resource for your bedside table that you can come back to again and again, at any point in your career. Learn how to:

- Know what you stand for
- Stop hiding (even when you don't realise you are)
- Fully realise the power of networking
- Know your self-worth
- Play the money game and win
- Manage your emotions at work
- Take action and establish the right time to make the leap
- Keep the momentum you've generated going and maintain that elusive work-life balance

F*ck Being Humble

Real-life stories and exercises illustrate how acceptance and commitment therapy (ACT) works to help those facing an unanticipated crisis that has caused hopelessness or pain.

The Reality Slap

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families,

changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Parenting Matters

'If you're a woman over 40, ever going to be a woman over 40 or you've ever met a woman over 40 you should read this book' JANE FALLON 'I NEED this book. We ALL need this book! If menopause happened to men, there would be CELEBRATIONS and parties every time one of them completed their change.' MARIAN KEYES 'A compelling voice within [the menopause] movement' DAILY TELEGRAPH 'Funny, frank and empowering... a vital book for any woman who is at the beginning of her radicalisation journey, looking at her life and finally piecing together the personal and the political.' THE OBSERVER 'Sam Baker is rewriting the narrative around menopause' WOMAN & HOME 'A rollicking read' MAIL ON SUNDAY 'I loved it.. blazingly hopeful and beautifully written. This book is meant to be mainlined.' LISA TADDEO 'This gem is a guide to navigating your 40s and 50s and just generally being yourself. ... joyful, positive, and goes to ALL the places. Highly recommended.' JOJO MOYES The essential manifesto for any woman staring the second half of their lives in the face and wondering, WTF is going on? * Invisible to society now you're past child-bearing age? * Tired of being disregarded, overlooked and underestimated? * Wondering what the hell is happening to your body, mind and internal thermostat? Women over forty are the most ignored demographic in society. And yet this is the time when you are likely to have the most freedom, power, confidence and self knowledge than ever before. Some serious life has been lived: there have been great loves, heartbreaks, births, marriages, careers, betrayals, bereavements and survival. So what now? What happens when the narrative given to you by society - husband, babies, house - runs out and you become storyless? Including chapters on menopause, sex, culture, work, rage and freedom, writer and journalist Sam Baker shares her experiences of life post 40 and shows how women to create their own story. This needn't herald the era of loose clothing and hair dye; or hot flashes and bad sleep (though there is that too). It's time women north of 40 took a leaf out of the millennial handbook and reinvented things our way. Sam hosts a podcast of the same name, now with over 50 thousand downloads. Harness your energy, opinions and power and create a liberating new narrative for the second half of life. 'I am so glad The Shift exists. Sam's writing is a wonderful generous mixture of no-bullsh*t and a comforting hug. I'll be passing this book on to many women I know and love.' EMMA GANNON 'brilliant - powerful, brimming with integrity, inspiring, the politics of anger and what it means when we refuse to be invisible. Every woman (whatever her age) should buy, borrow, lend a copy' KATE MOSSE 'This is such a painfully beautiful look at the menopause in all its complexity. As honest as it is insightful, this is the first book I've read about later womanhood that exchanges shame and fear for truth and celebration... does for 40-something women what the honest parenting movement did for mothers.' ANNA WHITEHOUSE, founder, Mother Pukka 'great pace and feisty content. It will be a great help to women to see their lives mirrored and not feel like they are going mad... bold and funny.' CARYN FRANKLIN '[Sam] tackles the menopause with her customary wit and wisdom' i PAPER 'Honest and witter account of life post-40. Makes for essential reading at any age.' - KATE WILLS, FABULOUS MAGAZINE 'Insightful, thoughtful, inspirational - impressive work.' - VICTORIA DERBYSHIRE

The Shift

With her acclaimed Fearless Living program, Rhonda Britten has helped thousands of people let go of indecision, gain clarity of purpose, and take life-changing risks. With inspiring true stories, self-affirmations, and exercises, she exposes the roots of fear and gives the reader tools to move beyond them. The result is a practical step-by-step guide that gives the reader a world of unlimited possibilities.

Fearless Living

What brings you joy? Is it the scent of spring rain? Warm towels from the dryer? Potato chips in your sandwich? Your definition of happiness is as unique as your fingerprints. This guided journal provides 99 prompts to help you make a list of things that you hold dear: a sentimental possession, your best traveling companion, your favorite type of weather, a compliment you've received, and an achievement well-earned. Filling in the journal will immediately boost your mood, and flipping through it later is a wonderful reminder of life's distinctive pleasures. It is also a wonderful gift for milestone events such as birthdays, graduation, and retirement. Special features: Paperback with textured cover stock, gold foil stamping, and flaps 2 ribbon markers Full-color design with illustrations throughout 99 prompts to help you list all the things you love

99 Things That Bring Me Joy (Guided Journal)

What is standing in the way of creating the career and life you really want? Core Confidence is the essential how-to guide for working women wanting to maximise their potential and overcome the fears and beliefs that hold them back. In Core Confidence, Kate Boorer and Fiona Pearman share their models and methodology that have been developed from more than 50+ collective years of experience both as executives in organisations, consultants and coaches. Core Confidence strengthens and supports women to reconnect with their inner resource, confidence and ability to say I've got this in any situation, and mean it

Core Confidence

A practical introduction to Acceptance and Commitment Therapy (ACT) for the general reader. From one of the co-authors of the Little CBT Workbook, The Little ACT Workbook is a simple, hands-on, practical guide introducing essential ACT techniques you can use to live a full and meaningful life and change your life for the better. Acceptance and Commitment Therapy (ACT) is an empirically-supported mindfulness-based behavioural therapy, gaining significant ground in the UK. This helpful book is packed full of guidance, techniques and a series of practical exercises so you can immediately start applying key ACT principles to your day-to-day life. Learn how to: Manage stress, depression and anxiety more effectively Improve your mood and resilience Create an enjoyable, meaningful and fuller life Rather than assuming that you need to change your thoughts and emotions in order to feel better, ACT shows you how to change your relationship to your thoughts and feelings, and to loosen up around them in order to engage in value-based action. The Little ACT Workbook ensures you have the insight, tools and confidence to apply these valuable principles to your own situation and put them into practice today.

The Little ACT Workbook

This public inquiry report into serious failings in healthcare that took place at the Mid Staffordshire NHS Foundation Trust builds on the first independent report published in February 2010 (ISBN 9780102964394). It further examines the suffering of patients caused by failures by the Trust: there was a failure to listen to its patients and staff or ensure correction of deficiencies. There was also a failure to tackle the insidious negative culture involving poor standards and a disengagement from managerial and leadership responsibilities. These failures are in part a consequence of allowing a focus on reaching national access targets, achieving financial balance and seeking foundation trust status at the cost of delivering acceptable care standards. Further, the checks and balances that operate within the NHS system should have prevented the serious systemic failure that developed at Mid Staffs. The system failed in its primary duty to protect patients and maintain confidence in the healthcare system. This report identifies numerous warning signs that could and should have alerted the system to problems developing at the Trust. It also sets out 290 recommendations grouped around: (i) putting the patient first; (ii) developing a set of fundamental standards, easily understood and accepted by patients; (iii) providing professionally endorsed and evidence-based means of compliance of standards that are understood and adopted by staff; (iv) ensuring openness, transparency and candour throughout system; (v) policing of these standards by the healthcare regulator; (vi) making all those who provide care for patients, properly accountable; (vii) enhancing recruitment, education, training and support of all key contributors to the provision of healthcare; (viii) developing and sharing ever improving means of measuring and understanding the performance of individual professionals, teams, units and provider organisations for the patients, the public, and other stakeholders.

Report of the Mid Staffordshire NHS Foundation Trust Public Inquiry

Sometimes it can feel like there's a gap between what we plan or hope for in our lives and the reality we're faced with - a so-called 'reality gap'. Sometimes it's a startling reality gap caused by the death of a loved one, for example, or a serious illness, a freak accident, divorce or the loss of a job. Sometimes it's a little gentler: envy, loneliness, resentment, failure, disappointment or rejection. But whatever form your 'reality gap' may take, one thing's for sure: it can cause us great distress. Based on the scientifically proven mindfulness-based approach called 'Acceptance and Commitment Therapy' (ACT), this self-help book will teach you how to cope effectively when life hurts and you will learn not only how to survive life's unexpected curve balls, but also how to thrive, despite them.

The Reality Slap

Why do people choose authoritarianism over freedom? The classic study of the psychological appeal of fascism by a New York Times—bestselling author. The pursuit of freedom has indelibly marked Western culture since Renaissance humanism and Protestantism began the fight for individualism and self-determination. This freedom, however, can make people feel unmoored, and is often accompanied by feelings of isolation, fear, and the loss of self, all leading to a desire for authoritarianism, conformity, or destructiveness. It is not only the question of freedom that makes Fromm's debut book a timeless classic. In this examination of the roots of Nazism and fascism in Europe, Fromm also explains how economic and social constraints can also lead to authoritarianism. By the author of *The Sane Society* and *The Anatomy of Human Destructiveness*, this is a fascinating examination of the anxiety that underlies our darkest impulses, an enlightening volume perfect for readers of Eric Hoffer or Hannah Arendt. This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author's estate.

Escape from Freedom

Buy now to get the main key ideas from Russ Harris's *The Confidence Gap* Confidence – it's often considered the key that unlocks the treasure box of all our desires. But we can't depend only on confidence. We must develop the necessary skills that enable us to achieve our goals. In *The Confidence Gap* (2010), Russ Harris aims to help you become strong in the face of fear and challenges through mindfulness, awareness, and commitment. Harris suggests multiple techniques for developing your skills in a healthy and self-enhancing manner. He then invites you to discover for yourself, through trial and experience, if his teaching comes in handy in life. He's confident that it does.

Summary of Russ Harris's The Confidence Gap

From world-renowned economist Paul Collier, a candid diagnosis of the failures of capitalism and a pragmatic and realistic vision for how we can repair it Deep new rifts are tearing apart the fabric of Britain and other Western societies: thriving cities versus the provinces, the highly skilled elite versus the less educated, wealthy versus developing countries. As these divides deepen, we have lost the sense of ethical obligation to others that was crucial to the rise of post-war social democracy. So far these rifts have been answered only by the revivalist ideologies of populism and socialism, leading to the seismic upheavals of Trump, Brexit and the return of the far right in Germany. We have heard many critiques of capitalism but no one has laid out a realistic way to fix it, until now. In a passionate and polemical book, celebrated economist Paul Collier outlines brilliantly original and ethical ways of healing these rifts - economic, social and cultural - with the cool head of pragmatism, rather than the fervour of ideological revivalism. He reveals how he has personally lived across these three divides, moving from working-class Sheffield to hyper-competitive Oxford, and working between Britain and Africa, and acknowledges some of the failings of his profession. Drawing on his own solutions as well as ideas from some of the world's most distinguished social scientists, he shows us how to save capitalism from itself - and free ourselves from the intellectual baggage of the 20th century.

The Future of Capitalism

Practical skills grounded in acceptance and commitment therapy (ACT) to help you bounce back when life knocks you down. Whether it's the loss of a loved one or a job, the end of a relationship, a pandemic, or a natural disaster—nothing really prepares us for those moments when life hits hard and turns our world upside down. The good news is that you can move forward. There are tools you can use to find your way back from despair and live a fulfilling life. In this candid self-help guide, psychotherapist Russ Harris offers powerful and doable skills grounded in evidence-based ACT to help you recover from

grief, loss, and crisis; transcend your pain and suffering; and build a rich and meaningful life—even in the face of adversity. You'll also find tools to help you deal with painful memories, create your own healing "grief rituals," and transform difficult emotions into unexpected allies. Finally, you'll learn how mindfulness and self-compassion can help keep you grounded, even when it seems like your world is in free fall. If you're ready to start building the resilience needed to heal from loss or thrive in the face adversity, this guide will show you how to get there, one step at a time.

When Life Hits Hard