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Russ Harris

From The Confidence Gap by Russ Harris – Chapter One Clarifying Values and Making Life Changes Please take as long as you need to read through and carefully consider the important questions that follow. Then complete the written section that follows. (Note:

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this exercise is from a book on 'confidence', but feel free to change the key word.

The Confidence Gap: A Guide to Overcoming Fear and Self ...

Russ Harris' book, The Confidence Gap, was a game-changer for me! He

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defines the “confidence gap” as the difference between what we want to achieve and what we Too many of us miss out on opportunities because of a shaky self-confidence or relentless self-doubt.

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Harris: 9781590309230 ...

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The Life Change List

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

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with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it.

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Russ Harris offers a surprising solution

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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.

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~ Russ Harris from The Confidence Gap Russ Harris is one of the world's leading authorities on one of the most cutting-edge forms of therapy known as Acceptance and Commitment

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Training, or ACT for short (pronounced like the word act not A.C.T.). ACT is essentially a powerful blend of mindfulness training and cognitive behavioral therapy.

**The Confidence Gap (Audiobook)
by Russ Harris, Steven ...**

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Extract from The Confidence Gap by
Russ Harris

www.thehappinesstrap.com

www.actmindfully.com.au 2 from fear, anxiety and self-doubt in the short term, they rarely give us genuine confidence in the long term. Why not? Because they are based on the wrong

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rules for the confidence game. And there's no way

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt

The Confidence Gap – By Russ Harris

“The actions of confidence come first; the feelings of confidence come later.”

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I think this is the most important point of the book...and it is life changing. Can you think of how many times in your life you've thought... "If only I had that confidence of THAT person...THEN I could really kick ass and achieve my goals in life?"

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Ten Rules for Confidence - True Self Counseling

Buy The Confidence Gap Digital original by Dr. Russ Harris (ISBN: 9781849016889) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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introduction a daring adventure, or nothing

The worksheets in this compilation are designed to be used in conjunction with The Confidence Gap. Many of these worksheets you will want to use repeatedly for different issues in different areas of your life.

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Book Summary: The Confidence Gap Summary Dr Russ

“Rule 1: The actions of confidence come first; the feelings of confidence come later.” ? Russ Harris, The Confidence Gap

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The Confidence Gap By Russ

~ Russ Harris from The Confidence Gap Russ Harris is one of the world's leading authorities on one of the most cutting-edge forms of therapy known as Acceptance and Commitment Training, or ACT for short (pronounced

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like the word act not A.C.T.). ACT is essentially a powerful blend of mindfulness training and cognitive behavioral therapy.

The Confidence Gap | Actmindfully
[from The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt, by

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Russ Harris] Rule 1: The actions of confidence come first; the feelings of confidence come later. The concept of confidence is defined as “an act of trust or reliance” (trusting and relying on one’s abilities and competencies), rather than viewing confidence as “having a feeling of absolute certainty

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or assurance.”

The Confidence Gap: A Guide to Overcoming Fear and Self ...

Russ Harris' Confidence Gap tackles a problem perhaps even more persuasive than vanity. Using mindfulness-based techniques and

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cognitive-behavioral therapy, it dismantles the walls of fear that we ourselves have created.

The Confidence Gap:

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The Confidence Gap Summary
Introduction. a daring adventure, or nothing. Yes, confidence is a game – a skilful psychological game. And unfortunately, our society gives us the wrong rules to play it

The Confidence Gap Worksheets

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The Confidence Gap is the self-development book which tells us the effective approach to tackle our fears and achieve the mindfulness.

Description of The Confidence Gap by Russ Harris PDF. The Confidence Gap is the self-development book in which the author shares the different

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principles to gain the self-confidence which helps us to grow better. Russ Harris is the author of this outstanding book.

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Is there a gap between where you are

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right now and where you want to be? Is a lack of confidence holding you back? We've all been stuck in the 'confidence gap'. We want to find a better job, pursue a romantic relationship, enrol in a course, expand our business, or pursue our greatest dreams; but fear gets in the way and

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