



Confidence Barriers

From HOA Nov 13, 2015

Confidence Assessments and Resources

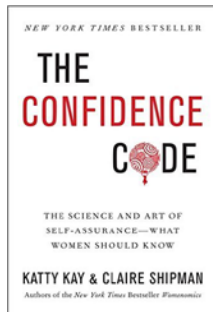
MindTools

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https://www.mindtools.com/pages/article/newTCS_84.htm

The Confidence Code



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 choose 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.

Take their confidence test

<http://theconfidencecode.com/confidence-quiz/>

[25 Killer Actions to Boost Your Self-Confidence](#)

Posted on ZenHabits.net on Sunday, December 9, 2007

Great actionable steps you can take to help you boost your self-confidence.

Hope this is helpful as a great start for your personal growth.