



Confidence Beyond Measure: The Science of Believing in Yourself (Paperback)

By Bernard J Sullivan Ph D

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Confidence Beyond Measure: The Science of Believing in Yourself introduces an entirely new kind of inborn self-confidence that you don't have to learn or earn and that has nothing to do with how you were raised, how successful you've been, or how positively you think about yourself. This core confidence is the same instinctive strength that made our ancestors believe they could kill a woolly mammoth with a sharpened stick, and that they and their children deserved the warmest part of the cave. This innate sense of worth is like hunger-so deeply and permanently part of our nature that it's undamaged by even lifelong neglect, failure, or criticism. Core confidence is not magical or mystical. It's based on research in psychology, neuroscience, anthropology, primatology, and evolutionary biology. To feel it you just have to stop an ancient control system in your emotional brain from being alarmed by your intense belief in yourself and needlessly generating self-doubt and self-criticism to suppress it. Over the last 20, years Dr. Sullivan developed an easy visualization program that relaxes this...



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