



The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It

By Helene Lerner

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Not only do we need more female leaders at the top, but we need more women at all levels of business, government, and nonprofits to step up—there's no time to waste. The problem, says Helene Lerner, isn't so much that women lack confidence but that they misunderstand what confidence really is.

True confidence isn't fearlessness; it's having the courage to jump in even when your knees are shaking. Any woman who waits until she feels 100 percent confident before offering a big idea or asking for a raise or promotion will never get anywhere. Drawing on her own and other female leaders' experiences, as well as on her survey of over 500 working women, Lerner lays out practical strategies for beating this confidence myth and overcoming obstacles like gender bias. The book features dozens of Confidence Sparks, simple but powerful exercises and techniques that can catapult anyone's career to the next level.

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Editorial Review

Review

“Even today, women are often overly self-deprecating and under confident, especially when it comes to leadership roles. This book by Lerner (founder, womenworking.com; *In Her Power*) takes aim at that assertion by directly refuting six “confidence myths” that are often voiced by women. These include not feeling capable of tackling a job or project, the idea that one is either a “natural-born” leader or not, that criticism can’t be handled objectively, that you have to do everything yourself, that it is too difficult to attract a sponsor or mentor, and not being able to trust your own intuition. While written from Lerner’s own perspective as an author and workplace consultant, the book is also based on survey responses from 520 working women. The survey instrument and results are included in an appendix. Sprinkled throughout are a series of useful tips called “Confidence Sparks”—an additional appendix contains 30 more of these sparks, addressing areas not covered in the work’s six main chapters. VERDICT A quick, practical, and appealing read about confidence boosting, with data to back it up.”

—**Susan Hurst, Miami Univ. Libs., Oxford, OH, Library Journal**

“*The Confidence Myth* is the handbook for any woman looking to succeed in her career. Helene Lerner cuts through the noise and gets to the heart of what keeps women from succeeding in business—and how to get past it!”

—**Barbara Corcoran, real estate mogul and star of ABC's *Shark Tank***

“Helene Lerner tackles head-on the myths and truths about confidence—a hot topic linked to women’s success. Her straightforward, authentic approach incorporates practical tips and exercises to help build your confidence muscle. This book is a treasure trove of advice to help advance your career.”

—**Sharon Orlopp, Global Chief Diversity Officer and Senior Vice President of Corporate People, Walmart**

“*The Confidence Myth* offers practical insights, tips, and tools that can help you move through your fears and spark your confidence. It’s an indispensable read for women who want to become empowered and successful while staying true to their values.”

—**Denise Morrison, President and CEO, Campbell Soup Company**

“This is a powerful and heartfelt book about what it actually means to have true confidence. Helene inspires women leaders to tackle the confidence myth and provides actionable advice for women to propel their careers to the next level.”

—**Sylvia Ann Hewlett, Founding President and CEO, Center for Talent Innovation**

“*The Confidence Myth* is a must-read for every professional woman; it provides pragmatic advice for present and future leaders. Helene Lerner’s insights are extremely valuable for any woman who wants to develop into a world-class leader.”

—**Ana Dutra, President and CEO, Executives’ Club of Chicago**

“Every woman needs to read this book. It confirms you are not alone in your fears and worries while offering solid strategies to get beyond them. I started dog-earing pages I wanted to return to until I realized it would be easier just to dog-ear the ones I didn’t.”

—**Janet Kelly, Senior Vice President Legal, General Counsel and Corporate Secretary, Conoco**

Phillips

“We all struggle with knowing how to express our own value and move through our fears--This book walks women through these common struggles and helps them emerge as stronger, more confident role models. Helene Lerner's combination of both honesty and insight makes this a valuable tool for women of all ages.”
—**Mika Brzezinski, cohost of MSNBC's *Morning Joe***

About the Author

Helene Lerner is the CEO of Creative Expansions Inc. and the founder of WomenWorking.com. She is also an Emmy-winning executive producer, an independent public television host, a Fortune 500 workplace consultant, and the author of twelve books. Lerner has produced more than twenty televised specials and received American Public Television's MVP Award for her outstanding contributions to public television.

Users Review

From reader reviews:

Dorothy Wild:

This The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It book is simply not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book will be information inside this book incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. That The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It without we comprehend teach the one who examining it become critical in imagining and analyzing. Don't possibly be worry The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It can bring once you are and not make your bag space or bookshelves' grow to be full because you can have it within your lovely laptop even cell phone. This The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It having fine arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Benny Joiner:

Information is provisions for people to get better life, information these days can get by anyone on everywhere. The information can be a expertise or any news even a concern. What people must be consider when those information which is inside former life are hard to be find than now could be taking seriously which one works to believe or which one the particular resource are convinced. If you find the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen inside you if you take The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It as the daily resource information.

Jimmy Putnam:

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It, you are able to enjoy both. It is good combination right,

you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its named reading friends.

Aletha Bassett:

This The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It is new way for you who has fascination to look for some information mainly because it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or else you who still having little bit of digest in reading this The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It can be the light food for you personally because the information inside this specific book is easy to get by anyone. These books produce itself in the form and that is reachable by anyone, sure I mean in the e-book contact form. People who think that in reserve form make them feel drowsy even dizzy this reserve is the answer. So there isn't any in reading a e-book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss that! Just read this e-book style for your better life in addition to knowledge.

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