



Confidence Code: Was Frauen selbstbewusst macht - Deutsche Ausgabe - (German Edition)

Katty Kay, Claire Shipman

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Das Buch, das jede Frau gelesen haben muss!

Den Schlüssel zum Erfolg liefert nicht allein die Kompetenz – wer in der Arbeitswelt und im Privatleben bestehen will, für den ist Selbstvertrauen unabdingbar. Gerade Frauen kämpfen jedoch häufig mit Selbstzweifeln. Woran liegt das? Und lässt sich Selbstbewusstsein aneignen oder bestimmen unsere Gene darüber, wie selbstsicher wir sind? In ihrem sensationellen Bestseller, der in Deutschland längst als Geheimtipp gehandelt wird, zeigen die renommierten Journalistinnen Claire Shipman und Katty Kay anhand verblüffender Forschungsergebnisse, wie jede Frau ihr Selbstgefühl stärken kann. Gemeinsam mit führenden Neurowissenschaftlern und Psychologen weltweit haben sie innovative Ansätze entwickelt, wie wir selbstsicherer werden können, indem wir etwa Risiken eingehen und aktiv handeln. Und wie wir unsere Denkstrukturen langfristig verändern. In Gesprächen mit einflussreichen Frauen aus Politik, Sport und Kunst kommen Kay und Shipman dem Geheimnis auf die Spur, wie Frau ihre Ziele erreichen und ein selbstbestimmtes Leben führen kann.

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