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"Wire Your Brain for Confidence offers a practical step-by-step guide to achieving goals for anyone who has struggled with self-doubt. Louisa Jewell demystifies the science behind action-oriented confidence and makes it accessible to all.

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Wire Your Brain for Confidence will put you on the fast track to flourishing in every area of your life. Louisa Jewell is the founder and president of the Canadian Positive Psychology Association. The CPPA brings together leading-edge researchers and practitioners from around the world to study and understand where human potential, success, and happiness intersect.

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girls and women everywhere striving to define success and worth for themselves.”

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Wire Your Brain For Confidence is now available for pre-order on Amazon and Chapters/Indigo, releasing September 21, 2017 for \$19.99. The print edition will soon be available globally (Amazon.ca and Chapters Indigo in Canada), and the eBook edition on Kindle, Kobo and iBooks. Visit: [louisajewell.com](http://louisajewell.com)

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Wire Your Brain for Confidence and Conquer Self-Doubt (Book Review) written by Elaine O'Brien September 29, 2017 Elaine O'Brien, PhD, MAPP '08, is a positive psychology, fitness leadership, positive health promotion, movement science, aging, and well-being speaker, author, trainer, thought leader,

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people/project manager, educator, and consultant.

### **Wire Your Brain for Confidence and Conquer Self-Doubt ...**

Wire Your Brain for Confidence has many strategies about how to stop that cycle and treat yourself with greater self-compassion. One topic that I think we don't pay enough attention to is how our bodies factor into feelings of confidence.

### **Wire Your Brain for Confidence - Louisa Jewell Talks Self ...**

Wire Your Brain for Confidence: The Science of Conquering Self-Doubt. By Louisa Jewell. A positive psychology expert's approachable and game-changing guide to wiring your brain for a more action-oriented kind of confidence that boosts your courage to act, even when you're feeling afraid.

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## **How to Wire Your Brain for Confidence : Catcat**

The secret to lasting happiness might be neatly summed up in a cheesy neuroscience joke: "The neurons that fire together, wire together." "It's a classic saying, and it's widely accepted because it's very true," neuropsychologist Rick Hanson, author of *Hardwiring Happiness: The New Brain Science Of Contentment, Calm and Confidence*, tells *The Huffington Post*.

## **How To Wire Your Brain For Happiness | HuffPost Life**

Wire Your Brain For Confidence The Science of Conquering self-doubt is set up as a guide to understanding your



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brain and finding ways to use that understanding to build confidence. She does so by presenting the research, the brain science, behind her assertions in a scientific yet relatable way.

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Wire Your Brain for Confidence offers a practical step-by-step guide to achieving goals for anyone who has struggled with self-doubt. Louisa Jewell demystifies the science behind action-oriented confidence and makes it accessible to all. This book will empower you to go for your dreams and live your happiest life.

### **Louisa Jewell**

Home » Podcast » Happiness » Wire Your Brain for Confidence with Louisa Jewell Oct 10, 2017 Louisa Jewell is a speaker, author and positive psychology expert who has facilitated thousands of people towards greater flourishing both at work and in their personal lives.

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In Wire Your Brain for Confidence , Louisa Jewell provides an easy-to-use yet well-researched map that you can use for this important journey." --Tal Ben-Shahar, New York Times bestselling author of Happier and Choose the Life You Want " Wire Your Brain for Confidence offers a practical step-by-step guide to achieving goals for anyone who has struggled with self-doubt.

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