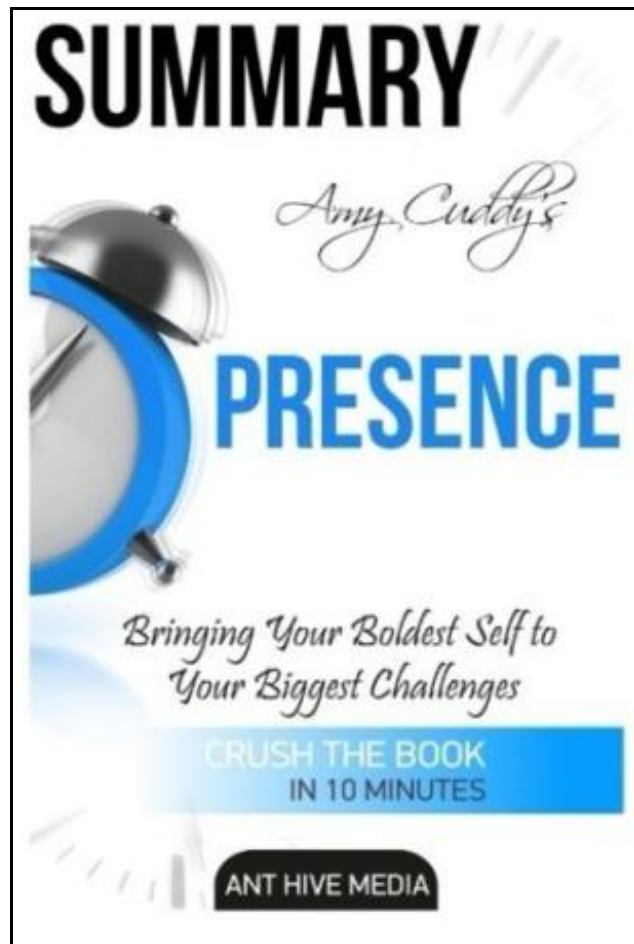# Amy Cuddy s Presence: Bringing Your Boldest Self to Your Biggest Challenges Summary (Paperback)

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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
(Alfreda Bradtke)

AMY CUDDY S PRESENCE: BRINGING YOUR BOLDEST SELF TO YOUR BIGGEST CHALLENGES SUMMARY (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This groundbreaking book by Amy Cuddy shows how we can attain "presence." Being present is a state where we modify how we see ourselves rather than thinking of the impressions we make on others. The author explains that we dont need to go on a spiritual journey to leverage the power of being present. We only need to constantly remind ourselves to fine-tune our mentality, body language and behavior in response to a given situation. Amy Cuddy has galvanized tens of millions of viewers around the world with her TED talk about power poses. Now she presents the enthralling science underlying these and many other fascinating body-mind effects, and teaches us how to use simple techniques to liberate ourselves from fear in high-pressure moments, perform at our best, and connect with and empower others to do the same.Brilliantly researched, impassioned, and accessible, Presence is filled with stories of individuals who learned how to flourish during the stressful moments that once terrified them. Every reader will learn how to approach their biggest challenges with confidence instead of dread, and to leave them with satisfaction instead of regret.The book earned a number of prestigious awards including: New York Times bestseller, Wall Street Journal bestseller, USA Today bestseller, Publishers Weekly bestseller, AARP Editor s Pick and a Top Ten Books of 2015 , Forbes 15 Best Business Books of 2015 , Business Insider 20 Best Business Books of 2015 , Business Insider 20 of the Best Books by the Most Influential Thinkers in Business , Washington Post 12 Leadership Books to Watch for in 2015 , Inc. #1 pick for 12 New Business Books for the Perfect Gift...

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