



Confidence: Overcoming Low Self-Esteem, Insecurity, and Self-Doubt

Tomas Chamorro-Premuzic

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Confidence: Overcoming Low Self-Esteem, Insecurity, and Self-Doubt Tomas Chamorro-Premuzic
World-renowned personality expert reveals the truth about something we all want more of—confidence

Millions of people are plagued by low self-confidence. But in *Confidence*, personality expert Dr. Tomas Chamorro-Premuzic shows us that high confidence makes us less likeable, less employable, and less successful in the long run. He reveals the benefits of low confidence (including being more motivated and self-aware), teaches us how to know when to fake it, get ahead at work, improve our social skills, feel better emotionally and physically, and much more.

With this engaging, practical study of our minds and emotions, we can become more capable in every facet of life. Based on decades of research, including the author's own groundbreaking work, and filled with fascinating anecdotal evidence, this will appeal to readers of *The Willpower Instinct* by Kelly McGonigal and *Succeed* by Heidi Grant Halvorson. *Confidence* will shatter every myth you've ever believed about self-confidence and its effects on us—ranging from the very personal to the global level.

Confidence: Overcoming Low Self-Esteem, Insecurity, and Self-Doubt Details

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Hind says

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Celia Juliano says

I listened to the audiobook, which is probably the only reason I made it through the whole book (kudos to the excellent narrator!). As another reviewer said, this book is full of logical fallacies, or perhaps just simplistic thinking. I'd give this maybe 3 stars at most, because I did find the book thought-provoking, and I like the idea of building competence rather than confidence. However, most of the author's points were belied by other information presented. For instance, he states that what others' think matters most, but then goes on to give numerous points that everyone is faulty in assessing competence and other markers of confidence/competence. Also, he seems to ignore that for some, depression and low confidence aren't motivating, but can be paralyzing, and that some are prone to negative self-delusions, not just positive self-delusions (or both!). Overall, I say give this book a pass. The only useful point for me was the differentiation between competence and confidence.

Brooklynlamb says

In the words sung by Diana Ross and written by Nile Rodgers and Bernard Edwards

"Upside down

Boy, you turn me

Inside out

And round and round

Upside down

Boy, you turn me

Inside out

And round and round."

Guys, this book was really interesting. I would dismiss the bad reviews - seems like those people just didn't get it. I've read more than my fair share of self-help books and this one was twisted in a compelling way. It was a pretty captivating depiction of our narcissistic society. A lot of cautionary tales that will have you wondering- am I like that?

M. Langlinais says

While much of what the author says makes sense in a common-sense kind of way, this book actually only fueled my low confidence and made me feel worse instead of prompting me to its call of action. (Full review on my site: <http://spooklights.blogspot.com/2013/...>)

LemontreeLime says

Totally not what i was expecting at all. Secretly i'm fascinated at the whole self help motivational movement in all it's flavors and varieties these days, i tend to read them all willy nilly with no hope or goal to improve myself as I have always found such thinking to be counterproductive. I'll even read all the new age 'think it true' books, and feel rather like a Scrooge at the end of each one when i secretly surmise 'wow, that must be nice... aw, hogwash! load of blarney!' I had no idea what direction this one would take but assumed it would be educational. WOW. Mr Camorro-Premuzic is a rip-the-band-aid-off kind of guy. He flat out calls spades spades, and unabashedly backs it up with research. In his eyes, insecure behavior keeps you alive, and self-doubt makes you a better person, and high confidence can actually make you delusional and encourage bad behavior and health risks. It's so nice to finally have someone back up those secret suspicions you've always had that affirmations generally don't work, so you don't end up constantly assuming you must be doing it wrong, or are simply too flawed to fit in. Be warned, as all the other reviews of this book vacillate wildly between calling it great or awful, this one will challenge your thinking and definitely get a reaction out of you.

Eddie says

Not your typical "self-help" book. Definitely doesn't sugar coat anything nor does he tell, what I assume to be most people, who may read this book what they probably want to actually hear, either. I found a lot of his studies and reasonings very relatable in how I've gone about my life and overcoming certain struggles and challenges. I never had the highest self-esteem, but it was my low self-esteem that gave me the motivation to seek competence in many areas of my life that I struggled with and still struggle with to gain more competence, which then led me to gain more confidence, and has kept me humble along the way as well. Thoroughly enjoyed this book.

Muneer Huda says

Confidence takes an unprecedented and unorthodox approach in the Self Help genre. It highlights the myths associated with good confidence, advocating instead for the benefits of low confidence. Chamorro-Premuzic argues that confidence should be associated with competence, and people with high confidence don't have a true measure of their competence, and therefore never feel the need to raise their competence. On the other hand, people with low confidence are able to acknowledge their low competence (hence, the low confidence) and are therefore able to take measures to improve it.

I found Chamorro-Premuzic's arguments to be flawed on a fundamental level. He puts forward a strange cyclical logic, a sort of self-fulfilling premise: if you acknowledge your low competence > you have low confidence. But if you don't acknowledge your low competence > you have deluded confidence. And no, "if you acknowledge your high competence > you have high confidence" isn't an option.

Chamorro-Premuzic fails to define the quality of a confident person, that is, a truly confident person, as opposed to a deluded one. He doesn't acknowledge a state of healthy confidence: where a person has a realistic measure of their competence (high or low) and is accepting of that. Not necessarily complacent, just

accepting.

I agree with Chamorro-Premuzic on the point of deluded confidence, but he makes it sound like the only kind of confidence visible in our society. We've all met people like that, sure, but it's nowhere as pervasive as Chamorro-Premuzic makes it. Deluded confidence isn't true confidence. Chamorro-Premuzic ping pongs his discussion between this state of deluded confidence and low confidence, breezing over true confidence. It's as if, if he were to acknowledge what true confidence is, it would break the big idea of his book: that low confidence is good.

I tried to finish the book, but I couldn't do it. I was hoping Chamorro-Premuzic would eventually acknowledge healthy confidence and propose how to get there. If you can't swallow the basic premise of the book (which I couldn't), the rest of it will be hard to digest.

Cassandra says

I skimmed this book because the author has one point that he repeats: measuring and focusing on competence instead of confidence is paramount to success in life. He repeatedly asserts that low-confidence is preferable to over-confidence because it leads to higher competence. He goes as far to say that depression is a benefit. He never, as far as I heard, accounted for self-defeating behaviors and inability to act. There is certainly a middle ground here that the author avoids by reasserting his single point. It seems that he is a person who has too much confidence and had to tone it down. The book is primarily written to convince people to stop lauding confidence and convince over-confident people to seek more constructive feedback. Otherwise, for low-confidence people he says accept the low-confidence, implying that it's warranted and people looking to improve confidence are avoiding work to improve competence.

Sounds like a person who has never experienced an inability to accurately assess their own competence or experienced the impacts of excessive or misdirected improvement. You can read the intro and then move on. Cal Newport's *So Good They Can't Ignore You* is a better book with a more helpful similar message about passion and competence.

Eva says

conclusion: strive for competence - not confidence. I tend to agree, as long as the lack of confidence doesn't hinder you from even attempting to start gaining competence.

Brian Kurzthal says

Genuine confidence correlates to actual competence. False confidence can reveal incompetence to the perceptive eye. Inflated confidence tends to short-circuit self-improvement efforts. Failure and insecurity are often the necessary motivators behind diligent efforts to improve, practice, study, and achieve eventual expertise, and success. Lasting success is derived from humility and continuous improvement.

M says

If the thesis of this book is correct (which I believe it is) then you can take every new age- crap -affirmation based- positive thinking- book in your library, and go out into the back yard and burn them. This is one of the few books that states the truth; and in doing so has powerful ramifications for our modern culture where everyone gets a trophy.

Christina Zolotarova says

[illegible]

Norman says

Confidence vs Competence. The thesis of the book. The whole thing is a comparison between the two, leaning towards competence being the more necessary trait we should be trying to attain - 'we' being the book's audience who is probably not confident but thinks it's a good thing to have.

Ironically, the book is saying that most of the readers are probably competent and not confident, so the author spends the book trying to convince us that we are all alright and should continue to do what we are doing. So it's essentially not saying much.

Most people will probably not take away much in the way of motivation and inspiration, but I found it to be so refreshing to see amidst the vast self-help same stuff writing. Some realism for yall.

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۱) در صورتی که یک شرکت با سرمایه ثابت و بدون بدهی به صاحبان سهام خود
 سود خالص را تقسیم کند، آیا این عمل بر ارزش هر سهم تأثیر دارد؟
 چرا؟
 ۲) اگر یک شرکت دارای بدهی باشد و سود خالص را تقسیم کند، آیا این عمل
 بر ارزش هر سهم تأثیر دارد؟
 چرا؟
 ۳) فرض کنید یک شرکت دارای بدهی و سرمایه ثابت است. اگر مدیران تصمیم
 بگیرند که بخشی از بدهی را بازپس بگیرند و آن را به صورت سود تقسیمی
 به صاحبان سهام توزیع کنند، آیا این عمل بر ارزش هر سهم تأثیر دارد؟
 چرا؟
 ۴) اگر یک شرکت دارای بدهی و سرمایه ثابت است و سود خالص را تقسیم کند،
 آیا این عمل بر ارزش هر سهم تأثیر دارد؟
 چرا؟
 ۵) اگر یک شرکت دارای بدهی و سرمایه ثابت است و سود خالص را تقسیم کند،
 آیا این عمل بر ارزش هر سهم تأثیر دارد؟
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 ۶) اگر یک شرکت دارای بدهی و سرمایه ثابت است و سود خالص را تقسیم کند،
 آیا این عمل بر ارزش هر سهم تأثیر دارد؟
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 چرا؟
 ۱۰) اگر یک شرکت دارای بدهی و سرمایه ثابت است و سود خالص را تقسیم کند،
 آیا این عمل بر ارزش هر سهم تأثیر دارد؟
 چرا؟

Sarah says

Well for one thing this is not about gaining confidence.

It basically says you will gain confidence if....you're just better at stuff. Duh. It also posits that anxiety and depression are good for you-statements that are extremely detrimental to those with legitimate mental illness
