



Confidence: How Much You Really Need and How to Get It

Tomas Chamorro-Premuzic Ph.D.

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“I can’t remember the last time I finished reading a book and wanted to applaud.... Life-changing.” —Heidi Grant Halvorson, PhD, author of *Focus*

If you picked up this book because you want to increase your confidence, you are not alone. Like most people, you probably think that being highly confident would make you more likable, more employable, and more successful. But you’d be wrong.

In this paradigm-shifting book, world-renowned personality expert Dr. Tomas Chamorro-Premuzic reveals that, beyond making you feel good, high confidence has no genuine benefits, and it may even be self-destructive. Low confidence, however, helps us make realistic risk assessments, protects us from disastrous situations, and encourages us to become more competent—which is the real key to achievement. Intelligent and thought-provoking, *Confidence* shows you how to make your insecurities work for you in every facet of life.

“Maybe you have always intuited...that all the talk about boosting self-confidence and raising self-esteem is not the answer to success or happiness. This charming and thoroughly fact-based book will give you the evidence to back your wisdom, that being kind and competent works best.”—Elaine Aron, PhD, author of *The Highly Sensitive Person* and *The Undervalued Self*



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