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Amy Cuddy s Presence: Bringing Your Boldest Self to Your Biggest Challenges Summary

By Ant Hive Media

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...



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