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By the way, the term 'Confidence Gap' refers to the false idea that you have to be confident before you do what you really want to do. In fact, the only way confidence can appear is by developing the skill you want to be confident in. If you want to be confident as a writer, you have to write.

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He lays the framework for anyone to transform their fears and have the confidence to achieve in his new book, The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt. In it he provides simple techniques and visualization exercises drawn from ACT - Acceptance and Commitment Training, an innovative mindfulness-based therapy.

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— Russ Harris, The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt "The world is full of people who are trying to purchase self-confidence, or manufacture it, or who simply posture it. But you can't fake confidence, you have to earn it. If you ask me, the only way to do that is work.

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