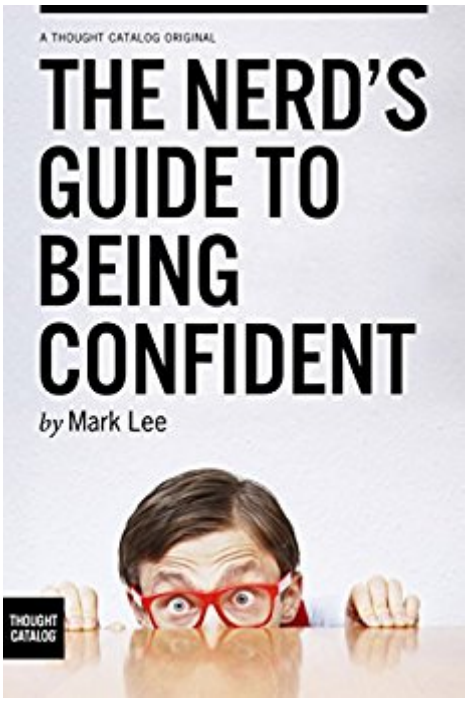
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The Nerd's Guide To Being Confident



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Synopsis

Everyone knows confidence when they see it; but seemingly no one can actually describe what goes into it or how to get it. The Nerd’s Guide to Being Confident is an unconventional way of looking at one of the most basic and obvious human traits and what one can do to gain a little more of it without feeling like a phony. Laughter included.

Book Information

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Customer Reviews

There’s some nuggets of good advice in this, though you’ve probably read most of it a million times via self help listicles. Unfortunately its sheer lack of mention re: women except as something men need to be confident to gain is a little off-putting for female nerds such as myself. I got about halfway through before I got tired of learning how to be confident enough to approach women, and of reading scenarios entirely about and directed entirely to men.

good

Well, I must admit I really liked the author original book Models but I am perplexed by this book. The name would lead you to believe that it has a formula to help you to be more confident but it basically talks about a couple of different psychological principles and concepts that may indirect be related to being more confident. It does not provide a step-by-step guide or blueprint for becoming more confident the way Models do to help you with women. It's more like a collection of short essays on different but somewhat related modes of thinking. For example, the author tells you to be more grateful in life but he does not explain how that will actually improve your self-confidence. He writes about various metaphysical concepts like having two minds and how this is a very common in Asian philosophies but again there is no direct correlation to how this will improve your self-confident. I felt like I was reading the wrong book for this title.

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