



Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem

By Leslie Sokol, Marci Fox

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A practical four-step cognitive therapy program for overcoming self-doubt and fear?from leading experts in the field.

Long-time associates of the Beck Institute, Drs. Sokol and Fox share their practical, four-step cognitive therapy program for overcoming self-doubt and fear, building confidence, and maximizing potential in all areas of life. Their unique program enables the reader to identify and examine those areas where self-doubt gets triggered and interferes with their potential. As the self-doubt becomes more externalized, readers are shown step-by-step how to determine if their fear is valid, and if not, how to overcome it. Readers will learn how to develop confidence and to base their actions on a new, more positive belief structure, resulting in a true and lasting form of solid self-esteem and confidence.

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Editorial Review

Review

"*Think Confident, Be Confident* offers a unique, interactive four-step program. The authors have used their considerable clinical experience and expertise to develop practical, effective, problem-solving strategies...This book is an invaluable guide both to consumers and the professionals who treat them. It will reduce unwarranted self-doubt, increase self-confidence, and-most important-allow individuals to achieve their goals."

--Judith S. Beck, PhD and Aaron T. Beck, MD

Director and President, Beck Institute for Cognitive Therapy and Research Clinical Professor of Psychology in Psychiatry and University Professor Emeritus of Psychiatry at University of Pennsylvania

"In *Think Confident, Be Confident*, Drs. Sokol & Fox, two experienced and top-notch clinicians, give the reader an unfailingly encouraging, optimistic message: 'You CAN become a more confident person. You CAN reduce the role that self-doubt plays in your life. You WILL learn how to think and act in ways that will improve your life, starting today.' The book's caring, upbeat message, combined with its many exercises derived from evidence-based cognitive therapy, will provide readers with valuable new psychological skills that endure."

--Cory F. Newman, Ph.D., ABPP

Director, Center for Cognitive Therapy

"*Think Confident, Be Confident* by Leslie Sokol and Marci Fox is a clear-thinking, helpful guide to put your self-doubts behind you so you can get ahead with your life. Filled with practical and easy-to-follow techniques, you will find yourself changing old patterns of thinking to feel like new again."

--Robert L. Leahy, Ph.D.

Author of *Anxiety Free: Unravel your fears before they unravel you*

"Drs. Sokol and Fox draw upon the science of cognitive therapy to help lift readers out of doubt. *Think Confident, Be Confident* shows you how to use moments of self-doubt as fertile ground to develop lasting self-confidence. Doubt you can do it? Think again."

--Dennis Greenberger, Ph.D and Christine A. Padesky, Ph.D.

Authors of *Mind Over Mood*

"Drs. Sokol and Fox provide a clear path from doubt to confidence, based on tried and true cognitive strategies that have been used for decades to transform negative thinking into realistic thinking. *Think Confident, Be Confident* is well-written and the approach taken is straightforward and practical. This book will provide much needed relief to those who struggle with unnecessary doubt!"

--Martin M. Antony, Ph.D., ABPP

Author of *The Anti-Anxiety Workbook*

"Although doubt can have several positive forms (rational skepticism; "reasonable doubt" in criminal cases), doubt can also undermine self-esteem, cripple effective decision-making, and in the extreme lead to anxiety and/ or depression. *Think Confident, Be Confident* discusses the clinical aspects of doubt. Written by world-leading experts in Cognitive Therapy, but at an easily accessible level by practitioners, this book is a definitive source for assessment and intervention with doubt. My prediction is that *Think Confident, Be Confident* will serve as the sourcebook in this area, and is recommended to anyone who works with patients who experience pathological or clinical doubt."

--Keith S. Dobson, Ph.D.

President, Academy of Cognitive Therapy

About the Author

Leslie Sokol, Ph.D., is the Director of Education and one of the principle instructors with the Beck Institute.

Marci G. Fox, Ph.D., is a Senior Faculty Member in their training program. They are both licensed psychologists who have worked closely for many years. Dr. Sokol's private practice is in the Philadelphia suburbs and Dr. Fox's practice is located in Boca Raton, FL.

Users Review

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Mary Partee:

This Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem book is not really ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book will be information inside this guide incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This kind of Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem without we understand teach the one who reading through it become critical in considering and analyzing. Don't end up being worry Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem can bring whenever you are and not make your tote space or bookshelves' come to be full because you can have it inside your lovely laptop even cellphone. This Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem having fine arrangement in word in addition to layout, so you will not feel uninterested in reading.

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