



The Confident Woman: How to Take Charge and Recharge Your Life

Marjorie Hansen Shaevitz

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How Confident Are You?

Marjorie Hansen Shaevitz has won national awards for her work in women's health and has enjoyed the success some people only dream of: a prosperous professional life; a long, happy marriage; two Stanford-educated children; and a bestselling book, **The Superwoman Syndrome**, which coined a term for a generation of women. Despite all of her accomplishments, however, she struggled with the issue of confidence. After conducting extensive research, she found that she was far from alone: Many women experience the paradox of enjoying success in their business and personal lives while lacking confidence in themselves.

The Confident Woman focuses on the issues that women face in growing up as girls in this society. Using a series of seven steps, complete with techniques and questions, Shaevitz presents an accessible and proven program that helps women regain their confidence. It is written for women of all ages, ending with an epilogue for mothers who want practical tips for raising confident daughters. In clear, concise prose -- filled with anecdotes and humor -- **The Confident Woman** focuses on what women say they want: practical advice that they can use now.

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