



PRESENCE

Bringing your **BOLDEST SELF** to
your **BIGGEST CHALLENGES**

AMY CUDDY

*"Presence feels at once concrete and inspiring,
simple but ambitious — above all, truly powerful."*

—New York Times Book Review

NATIONAL BESTSELLER

Amy Cuddy

Presence: Bringing Your Boldest Self to Your Biggest Challenges



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NY Times bestseller Wall Road Journal bestseller USA Today bestseller Publishers Weekly bestseller Forbes "15 Ideal Business Books of the Year" People "Book of the Week" AARP Editor's Pick Translated into 34 languages and counting "Presence feels at once concrete and inspiring, basic but ambitious--above all, truly powerful. Too often we strategy our lives' biggest hurdles with dread, execute them with nervousness, and leave them with regret. Maybe after employment interview, a functionality, or a hard conversation? The very moments that want us to be real and commanding can instead cause us to experience phony and powerless." -- New York Times Book Review Perhaps you have ever left a nerve-racking challenge and immediately wished for a perform over? Amy Cuddy has galvanized tens of an incredible number of viewers all over the world with her TED talk about "power poses." Now she presents the enthralling research underlying these and several other fascinating body-mind effects, and teaches us how exactly to use simple ways to liberate ourselves from fear in high-pressure occasions, perform at our best, and connect to and empower others to do the same. Rather, we have to nudge ourselves, instant by minute, by tweaking the body vocabulary, behavior, and mind-set inside our day-to-day time lives. By accessing our personal power, we are able to achieve "presence," the condition in which we stop fretting about the impression we're making on others and instead adjust the impression we have been producing on ourselves. As Harvard professor Amy Cuddy's revolutionary book reveals, we don't need to embark on a grand spiritual quest or comprehensive an inner transformation to harness the power of existence. Brilliantly researched, impassioned, and accessible, Presence is filled with stories of people who learned how to flourish through the stressful moments that once terrified them. Every reader will learn how to approach their biggest challenges with confidence instead of dread, also to leave them with satisfaction rather than regret.



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Wish I Could Give it 6 Stars. This book is *really* *really* good. Boldest Version of You - Move like that. 6. Expand YOUR SYSTEM - To expand your power. Just what a fantastic book! Strongly suggested. Interesting and helpful information that was written in a very readable way. Interesting read, but I had been longing for more "how-to's" I came later to Amy Cuddy's TED Talk, just having seen it approximately six months back, but eagerly pre-ordered this publication since I was intrigued by the ideas from Dr. Furthermore to posting the scientific analysis (in a non-boring way), I love how the author included examples from real individuals who explained how these principles helped them. I had been hoping that book would go into more depth about how exactly to implement the poses. I mean, Cuddy's work may be the full package: relevance, credibility, research-based, and available to mortals.. The publication I must admit, I came across a bit disappointing. ... Due to reading the publication I pay much more attention to how people promote themselves and how I present myself. It works! and that EVERYONE should do. While I'm pleased I read Existence and did grab some interesting info, it felt as if the main concepts -- standing in power poses to attain confidence -- were already covered in her chat. Especially as a occupied adult, I only go through books with the value I wish to learn in my life. The studies that Dr. #FeelGood #SelfDiscovery #Inspirational #Tagsgiving #Sweepstakes HARDLY ANY Original Ideas I bought this publication at Barnes and Noble (sorry Amazon) and couldn't resist writing an assessment given the inflated overall rating of this book. Cuddy's work but less than 10% on how best to in fact apply it. This review was recommended and I made period to read it everyday because here's the shocker, I actually genuinely wanted to. This book is *really* *really* good. Great book.. You'll get why. Half-method through reading Cuddy's "Presence" I was overcome with a depressing thought. Probably the most important books I've ever read!! Probably the most important books I've ever read. Amy Cuddy is an extraordinary writer and researcher who offers opened a world of insights in this powerful book. I've just completed my first reading, and rather than beginning the next review on my list, I'm going to read that one again. Depressing! Great overview for Mindfulness-centered lifestyle A compelling narrative to navigate today's chaotic world!. She read it and acquired many take away ideas to improve her existence. I've seen and experienced firsthand the advantages of power posing, positive mental attitude and reframing feelings (nervousness to excitement). I believe enough that not merely did I buy the book, I bought a duplicate for a coworker who I'm coaching in the area of public speaking. Liked it so much I purchased a copy for somebody I coach I understand Amy Cuddy's original research on changing body gestures to improve your chemistry has been brought into issue but I'm a believer. I would recommend the book for individuals who haven't yet centered on how they can enhance their existence whether for presenting and public speaking or just around the office. It was easy to read, not the vocab however the font, the page space, and its point made the read exciting and applicable and certainly shed value to learn this state of mind of really how to maximize your life be how to be really, yourself at its. I'm not a great reader Great book. Great book An amazing book to help us learn how to access existence. THEREFORE I power-posed UP and can continue. It's also among those books you browse and tell yourself, "This writer is a really good person. Presence stems from believing in and trusting yourself—your real, honest feelings, ideals, and skills. The first 2/3 of the book is really a recount of clinical tests that show how the body can change our mindset. Whether we are talking in front of two people or ve thousand, interviewing for employment, negotiating for a raise, or pitching a business idea to potential investors, speaking up for ourselves or speaking up for someone else, we all face daunting moments that must be met with poise if we want to feel good about

ourselves and make progress in our lives. Existence gives us the energy to go up to these occasions.” - Amy Cuddy in Presence

Amy Cuddy rocks !! Her TED talk on “Your Body Designs Who You Are” may be the second-most-watched TED talk in history. In the event that you haven’t viewed it yet, take a look. Practical suggestions that ANYONE can do. It’s packed with a huge amount of fascinating clinical tests proving the power of creating presence via body and mind procedures along with some uber-inspiring stories of people who have placed the wisdom to use and changed their lives along the way. The research I’ve been doing for a long time now joins a big body of inquiry into a quality I call existence.

Eventually I got very bored and out the book straight down (Circa chapter 4). I recommend it. Here are some of the best Big Suggestions from the book:

1. Existence - Attuned + expressing your power.
2. Let’s bring that wonderfully bold version of ourselves to your lives TODAY!
3. Priming + Nudges - To build your individual power. Cuddy’s research and that EVERYONE must do.
5. iHunch - How’s yours? “I’m Excited! I have not had the “modification your life immediately” experience like many of the examples, but I really do think it can help, if for no various other reason than to be more self-conscious... Today. How will the very best, boldest, most authentic edition of YOU think and breathe and walk and talk? Self-Affirmation Theory - Gosh darnit, you’re awesome! The author can be a gifted communicator.
4. It appeared as though 90+% of the reserve was specialized in substantiating the technology behind Ms. That’s important, because in the event that you don’t trust yourself, how do others trust you? Overall, the book remaining me with the feeling of, ‘is this all there can be? Cuddy cites were interesting and I enjoyed reading them, but the nitty-gritty of how exactly to implement these adjustments in your life were really just apparent in both chapters before the last one (which just included tales/emails of individuals who had changed their lives based on viewing Dr. Cuddy’s TED Talk). Practical ideas that ANYONE can do. While interesting to learn, if you have seen the TED Chat, this book won’t offer much new information about how to power pose.. I’m not a great reader. Honestly, it has been years since I go through an entire book but once I began reading this publication, I couldn’t stop until it was completed. Great read

Presence: Getting Your Boldest Self to Your Biggest Problem is full of proven types of how posture and body language in general affects the way we think about ourselves and others. It revealed many things easy to perform in only everyday living that will make a significant difference in your attitude about life. Highly recommended! It totally makes sense and I’m pleased this book was trained me and provided me a new perspective never to forget. Why must I bother continuing to focus on the book I am writing (related genre)? But somehow I really believe Prof. Cuddy would not tolerate my giving up. In a way, that’s accurate, but it’s not quite that simple. And that’s the idea of this brilliant work. Our mind does some funky things to us. So to place your mind in its place, turn to your body and do something different. I also saw the author’s TED talk and found that interesting. I am not really depressing anymore after finishing the reserve. I am decided. Cuddy much of the credit. And if I am lucky that 1 day somebody will wax delight within my work, I will give Prof. You need to read this! Extremely interesting to read!

“The opposite of powerlessness should be power, right? As an introvert who constantly must stand up before large crowds for work this reserve was very useful in teaching me methods to overcome some of the challenges that entails!”

Totally fun to read and valuable perspectives learned I’ve never been and will probably never be a reserve enthusiast. This book requires a large amount of great ideas taken from other great works (like The Power of Now, one of the most influential books on presence and mindfulness in western thought) waters them down and oversimplifies them, until they are without their primary nuance and depth. Also there was a whole lot of extremely obvious concepts that

were expressed, some very questionable social science research cited ..7.” All of which is a fantastic combo..!comfort. Three for me now, 4 or 5 for younger me By now I’ve already learned a lot of what’s in this publication by my own knowledge and self-observation. However, I’d have adored and really benefitted from scanning this in my own 20s. This book is about leadership, but from a body language perspective, which is a needed counterpoint to much of leadership which is targeted on knowledge. I will be recommending this book (and her TedTalk) to young adults—particularly youthful adult women. Great read. I wish I could give it 6 stars. We typically don't review books, but this one is noteworthy. It's a mix of personal narrative, study statistics, and other's stories. I found it to have influenced me in a few methods and to have taught me valuable insights into the method I present myself. I would recommend it to anyone looking to improve upon his / her own personal existence. It had some very interesting facts that I'd have ordinarily under no circumstances believed until I saw them in correct context. a segment I saw about the writer on the best TV show I bought the book predicated on a segment I saw about the author on my favorite TV show, CBS Sunday Morning.” - You?.



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