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65: Wire Your Brain for Confidence with Louisa Jewell, MAPP

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Wire Your Brain for Confidence will put you on the fast track to flourishing in every area of your life. Louisa Jewell is the founder and president of the Canadian Positive Psychology Association. The CPPA brings together leading-edge researchers and practitioners from around the world to study and understand where human potential, success, and happiness intersect.

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The good news is scientists have discovered the formula for how you can wire your brain for a more action-oriented kind of confidence that boosts your courage to act, even when you're feeling afraid. In this approachable

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Wire Your Brain for Confidence is my new "go-to" book for coaching clients who are outwardly highly successful and seemingly confident, yet inwardly they struggle with self-doubt. Written in a conversational tone, Louisa Jewell begins by sharing stories of her own struggles with self-doubt and prompts you to reflect upon your own.

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“Timely and well-written, Wire Your Brain for Confidence translates complex research into understandable, practical, and vital tools not just for surviving the modern world, but remaking it. Amidst all the competition, demands upon our time, and societal pressure, Louisa Jewell provides a clear path forward for girls and women everywhere striving to define success and worth for themselves.”

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