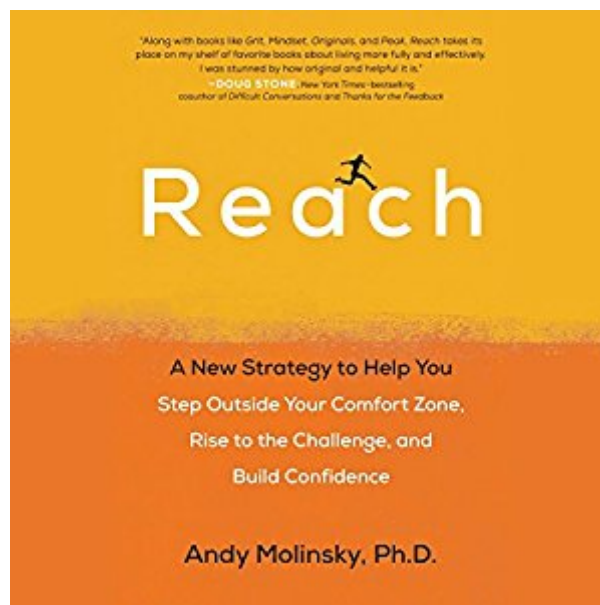




The book was found

Reach: A New Strategy To Help You Step Outside Your Comfort Zone, Rise To The Challenge, And Build Confidence



Synopsis

Do you feel comfortable delivering bad news? Do you look forward to speaking in public? Do you enjoy networking? Is it easy for you to speak your mind and be assertive with friends and colleagues? If you answered no to any of these questions, this book can help! What often sets successful people apart is their willingness to do things most of us fear. What's more, we have the false notion that successful people like to do these things, when the truth is that successful people have simply found their own way to do them. According to Andy Molinsky, an expert on behavior in the business world, there are five key challenges underlying our avoidance tendencies: authenticity, competence, resentment, likability, and morality. Does the new behavior you're attempting feel authentic to you? Is it the right thing to do? Answering these questions will help identify the "gap" in our behavioral style that we can then bridge by using the three Cs: clarity, conviction, and customization. Perhaps most interesting, Molinsky has discovered that many people who confront what they were avoiding come to realize that they actually enjoy it and can even be good at it. Short, prescriptive, and based not only on the author's groundbreaking research but on his own quest to get out of his comfort zone, Reach will help you take the thing you are most afraid of doing and make it a proud part of your personal repertoire.

Book Information

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Customer Reviews

I just finished reading Andy Molinsky's recent book called "REACH" and am very impressed. Andy captures so many of the issues I've been concerned about in my 30 years as a CEO and the last

10+ years as an international leadership coach. 80% of my coaching practice is with nonprofit leaders, many of whom struggle with integrating their comfort zones with the challenges they face as leaders. Andy has captured the essence of these challenges and provides a clear pathway for moving forwards. This is an exceptionally well-written book and I highly recommend it.

Reach has been written to speak to all of us that struggle with ... anything. Throughout the book the author provides us with fairly clear steps we can take to push out in to those tasks which make us feel uncomfortable.

This book inspires you to take that leap towards changing yourself. If you've been reluctant or fearful to change, the abundant examples show you that stepping outside your comfort zone is doable, very common and fact an expected state for leaders today.

Was ok. I didn't see any tips on how to overcome challenges when leadership at an org is only looking for loud and aggressive behavior as an indicator of confidence, and worst of all knowledge.

Very easy read full of actionable ideas backed by research. I gained some strategies I needed to push myself.

Excellent read to help the reader Reach beyond their comfort zone. Highly recommend this book.

Had high hopes, but just common sense, I wish I had really looked at the reviews. I would have returned it if the date hadn't already expired.

A+++++

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Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)
Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1)
Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal

Magnetism & Self Confidence) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals A Meditation to Help You Improve Self-Confidence and Reach Peak Performance Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals How to Build a Farm Pond Step By Step: Easy to Follow Step by Step Guide For Planning, Digging, Aeration, Adding Fish and Planting Grass. How to Build a Farm Pond Step by Step - Easy to Follow Step by Step Guide for Planning, Digging, Aeration, Adding Fish & Planting Grass The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence Forex Made Simple: 20 Forex Trading Strategy (A Step-By-Step Trading Strategy For 1 Hour Time Frame) Garden Mosaics Project Book: Stylish ideas for decorating your outside space with over 400 stunning photographs and 25 step-by-step projects Communication For Survival: The Ultimate Step-By-Step Beginner's Guide On How To Stay In-Touch With Your Loved Ones and the Outside World During Disaster Build Your Own AR-15 Rifle: In Less Than 3 Hours You Too, Can Build Your Own Fully Customized AR-15 Rifle From Scratch...Even If You Have Never Touched A Gun In Your Life! Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Headstrong: The ultimate guide to reducing lapses in concentration, building confidence and finding your zone on the volleyball court. Trading in the Zone: Master the Market with Confidence, Discipline and a Winning Attitude (Your Coach in a Box)

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