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The Secret Thoughts of

Successful Women is a

critical resource full of

practical solutions for

the impostor feelings

that plague successful

women. --Ellen J.

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Duffy, VP and Deputy
General Counsel,
Genworth Financial
"Valerie Young will
transform the lives of
professional women
with Secret Thoughts , a
book that provides life-
changing insight on how
to overpower limiting
thoughts and behaviors.

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~~Why Capable...~~

The Secret Thoughts of Successful Women Why Capable People Suffer From The Impostor Syndrome And How To Thrive In Spite Of It
The Secret Thoughts of Successful Women is a critical resource full of practical solutions for the impostor feelings that plague successful women." --Ellen J.

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book that provides life-
changing insight on how
to overpower limiting
thoughts and behaviors.

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~~And
How To Thrive
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In The Secret Thoughts
of Successful Women,
these women finally
have a solution:

important insight into

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why fraud fears are more common in women combined with practical ways to banish the thought patterns that undermine their ability to feel--and act--as bright and capable as they truly are.

~~The Secret Thoughts Of
Successful Women by
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of Successful Women,
Young gives these
women the solution they
have been seeking.

Combining insightful
analysis with effective
advice and anecdotes,
she explains what the
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why fraud fears are
more common in
women, and how you
can recognize the way it
manifests in your life.

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~~The Secret Thoughts of
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The Secret Thoughts of
Successful Women gave
me the pep talk I
needed. I never knew
the Impostor Syndrome
existed, because I
always believed in what
I am doing. It is rare for
me to experience doubts
in the things I do.

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Whenever I accomplish something, I own it and I truly believe that I deserve it.

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examines a common

affliction and offers

tools, insight, scientific

evidence, and numerous

examples that aim to

banish the impostor for

good. Valerie Young's

diligence, passion for

the subject, and belief

that anyone can

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The Secret Thoughts of
Successful Women is a
critical resource full of
practical solutions for
the impostor feelings

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that plague successful women." --Ellen J. Duffy, VP and Deputy General Counsel, Genworth Financial

"Valerie Young will transform the lives of professional women with Secret Thoughts, a book that provides life-changing insight on how to overpower limiting thoughts and behaviors.

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Successful Women:
Valerie Young ...~~

"The Secret Thoughts of Successful Women examines a common affliction and offers tools, insight, scientific evidence, and numerous examples that aim to banish the impostor for good. Valerie Young's diligence, passion for the subject, and belief

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that anyone can
overcome feelings of
inadequacy, duplicity,
and unworthiness rings
loudly throughout The
Secret Thoughts of
Successful Women ."

~~The Secret Thoughts of
Successful Women:
Why Capable ...~~

The other key that sets
successful individuals
apart is their ability to

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understand people. A study conducted by the Carnegie Foundation found that 85% of a person's success is based on their interpersonal skills.

Because of this, we know that PQ (people intelligence) is more important than IQ. Ask yourself: How well do you work with others?

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~~Thoughts Of 7~~

~~Secrets of Wildly
Successful People~~

In The Secret Thoughts
of Successful Women,
Young gives these
women the solution they
have been seeking.

Combining insightful
analysis with effective
advice and anecdotes,
she explains what the
impostor syndrome is,
why fraud fears are

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In The Secret Thoughts
of Successful Women,
Valerie Young explains
what the impostor
syndrome is, why fraud

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fears are more common in women, and how you can recognize the way it manifests in your life.

With her empowering step-by-step plan, you will learn to take ownership of your success, overcome self-doubt, and banish the thought patterns that undermine your ability to feel - and act - as bright and capable as

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The Secret Thoughts of
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examines a common
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tools, insight, scientific
evidence, and numerous
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good. Valerie Young's diligence, passion for the subject, and belief that anyone can

overcome feelings of inadequacy, duplicity, and unworthiness rings loudly throughout *The Secret Thoughts of Successful Women*.

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The Secret Thoughts of
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Quotes Showing 1-30 of
48 “You can have all
the confidence in the
world and still be
reluctant to self-promote
out of a steadfast belief
that a person’s work
should speak for itself.

~~The Secret Thoughts of
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having great thoughts.

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simple, inspiring way to
keep your thoughts and
feelings positive every
single day of the year.

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Dr. Valerie Young is an internationally-known expert on impostor syndrome and author of award-winning book

The Secret Thoughts of Successful Women: Why Capable People Suffer from the

Impostor Syndrome and How to Thrive in Spite

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In *The Secret Thoughts
of Successful Women*,
Valerie Young explains
what the impostor
syndrome is, why fraud
fears are more common

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in women, and how you can recognize the way it manifests in your life.

With her empowering step-by-step plan, you will learn to take ownership of your success, overcome self-doubt, and banish the thought patterns that undermine your ability to feel - and act - as bright and capable as others already know you

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Women Learn to take
ownership of your
success, overcome self-
doubt, and banish the
thought patterns that
undermine your ability
to feel—and act—as bright

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and capable as others already know you are with this award-winning book by Valerie Young. It's only because they like me.

Suffer From The Impostor Syndrome And How To Thrive In Spite Of It

Helps successful women feel truly confident so that they can reach new levels of greatness.

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Learn to take ownership

of your success,

overcome self-doubt,

and banish the thought

patterns that undermine

your ability to feel—and

act—as bright and

capable as others

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It's only because they

like me. I was in the

right place at the right

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time. I just work harder than the others. I don't deserve this. It's just a matter of time before I am found out. Someone must have made a terrible mistake. If you are a working woman, chances are this internal monologue sounds all too familiar. And you're not alone. From the high-achieving Ph.D. candidate

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convinced she's only been admitted to the program because of a clerical error to the senior executive who worries others will find out she's in way over her head, a shocking number of accomplished women in all career paths and at every level feel as though they are faking it—impostors in their own lives and

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careers. While the impostor syndrome is not unique to women, women are more apt to agonize over tiny mistakes, see even constructive criticism as evidence of their shortcomings, and chalk up their accomplishments to luck rather than skill.

They often
unconsciously

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overcompensate with crippling perfectionism, overpreparation, maintaining a lower profile, withholding their talents and opinions, or never finishing important projects.

When they do succeed, they think, Phew, I fooled 'em again. An internationally known speaker, Valerie Young has devoted her career

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Thoughts of
women's most deeply
held beliefs about
themselves and their
success. In her decades
of in-the-trenches
research, she has
uncovered the often
surprising reasons why
so many accomplished
women experience this
crushing self-doubt. In
The Secret Thoughts of
Successful Women,

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Young gives these women the solution they have been seeking.

Combining insightful analysis with effective advice and anecdotes, she explains what the impostor syndrome is, why fraud fears are more common in women, and how you can recognize the way it manifests in your life.

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The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—The Secret—and, later that year, Rhonda Byrne followed with a book

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who experience it. In this book, you'll learn how to use The Secret in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your

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life. The Secret contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving

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what many would regard as impossible.

'You've definitely heard of it, you've almost certainly felt it and it's actively stopping you from being your best self. In a new book on imposter syndrome Dr Jessamy Hibberd provides a definitive guide to understanding and tackling the

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psychological mind trap.

- The Sunday Times

Imposter syndrome is a phenomenon in which

people believe they are not worthy of success.

They convince

themselves that they

have done well due to

luck and are terrified

their shortcomings will

eventually be exposed,

making it impossible to

enjoy their

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accomplishments. The
Imposter Cure explores
the psychological
impact of imposter
syndrome and exposes
the secrets fears and
insecurities felt by
millions of men and
women. Dr Jessamy
Hibberd provides sound
expert advice to help the
reader better understand
the problem and
overcome it, so they

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think differently, gain self-belief and learn to see themselves as others do. Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements. "I still have a little imposter syndrome, it never goes

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away, that you're actually listening to me... I share that with you because we all have doubts in our abilities, about our power and what that power is."

Michelle Obama "There are still days when I wake up feeling like a fraud, not sure I should be where I am." Sheryl Sandberg "When I receive recognition for

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my acting, I feel
incredibly
uncomfortable. I tend to
turn in on myself. I feel
like an imposter."
Emma Watson

"Joyce Roché rose from
humble circumstances
to earn an Ivy League
MBA and eventually
become the first African-
American vice president
of Avon. She was later

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Thoughts of a leading
Successful
Women Why
Girls Inc. But she never
felt she deserved her
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president of a leading
hair care company and
CEO of the nationally
prominent nonprofit
Girls Inc. But she never
felt she deserved her
success. In fact, the
phrase “the empress has
no clothes” kept running
through her head. She
was nothing like the
emperor in the Hans
Christian Andersen
story -- she was

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certainly not a fraud.

And yet that's how
she'd always felt.

Roché discovered there
was a name for this: the

impostor syndrome. In
this deeply personal

memoir she shares her
lifelong struggle with

the imposter syndrome
and offers advice and

coping strategies based
on her own experiences

and those of other high-

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achieving leaders who
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back! This guided
workbook of interactive
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worth, and enjoy your success. How many times have you thought that everyone is crushing it except you? How often have you looked at one of your accomplishments and attributed it to luck or the help of others? It can be difficult to acknowledge our own successes and skills, and overcome the feeling of

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being an impostor. But moving past that feeling is crucial to continuing down the path to even greater success and happiness. *Own Your Greatness* will give you all the tools you need to recognize and overcome the impostor syndrome that is holding you back. Packed full of research- and therapy-backed exercises, prompts, and

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activities, this
interactive workbook
will help you: Identify
the root causes of your
impostor syndrome
Recognize your natural
skills and strengths Gain
the confidence to lead
Speak up for yourself
Feel comfortable
receiving and giving
praise With this book,
you'll acknowledge the
skills you bring to the

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table, understand that you truly deserve your success, and take steps to a successful, happy, and fulfilled life.

Suffer From The Impostor

Need motivation? Read on. The topic of success has been revisited in countless thousands of books, but in this self-help classic, renowned

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author William Walker Atkinson reveals a surprising secret -- each of us already possesses the mental, spiritual, and psychological tools we need to achieve success, happiness, and fulfillment in life. The real challenge lies in tapping into our inborn potential and channeling it in the right way.

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This book is written in the style of the great Napoleon Hill. Think about this. With all of the success books out there, why don't we have more successful people? Too many success books simply rehash conventional wisdom. The truly great success books, such as Napoleon Hill's "Think and Grow Rich", instead

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enable life-challenging
success breakthroughs
because they identify
and describe in powerful
detail the thinking
patterns and principles
of the world's most
successful individuals.

The only way to do this
is to study the world's
most successful
individuals, as Napoleon
Hill has done. And as I
have done as well. For

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over two decades, I have devoted myself to studying and interviewing the most successful individuals across varying fields so that I could see and learn for myself the principles which sets them apart in terms of their success. And that is what I share with you here. Get ready to throw out many of the things

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that you thought you knew about success. Let's start at the beginning with a simple truth. Success is hard. Very Hard. Very very very hard. We all know that, once we have had a little bit of experience and are honest with ourselves. We all want to be more successful, but let's face it, sometimes we just don't

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Thoughts Of Successful Women Why Capable People Suffer From The Impostor Syndrome And How To Thrive In Spite Of It

know how. It's because, as they say, "We don't know what we don't know." So we make the same mistakes over and over again (often without fully realizing it until later). And then we blame ourselves (or others) in regard to why things didn't turn out as we had hoped, or planned. It's this simple. If you want to increase

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your level of success,
read this book. We all
go through the same
struggles. This book-
simply but powerfully -
is your instruction
manual on how to
overcome them. Read
this book and in 60 days
you won't even
recognize the person
you used to be. And
neither will your family
and friends. This is the

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type of change that allows you to get the things you really want in life. The things previously outside your reach. The things you saw others gain and achieve, but never seemed to be able to get for yourself. That can change today. We all know that a few better ideas can accelerate one's success

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substantially. Successful people take their better ideas and know how to leverage them further - and execute them better than other people do. Once you understand the processes that successful people utilize to do this, you can very quickly ramp up your own success as well. Everybody struggles. Successful people

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struggle just like
unsuccessful people but
they learn and use the
success principles to
overcome the
difficulties in their lives
to reach their goals.

Success breeds
confidence, making it
easier overtime. If you
don't want to keep
making the same
mistakes over and over
again, you need to

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these success principles
are. That is what this
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