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Nota di contenuto	Introduction -- Why reaching outside your comfort zone is so hard -- Our amazing capacity to avoid -- Conviction: the critical importance of having a deep sense of purpose -- Customization: finding your own personal way of performing the task -- Clarity: the power of honest perspective -- The surprising benefits of taking a leap -- Building resilience -- The myths and realities.
Sommario/riassunto	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!.