

PRESENCE BY AMY CUDDY

RINGING YOUR BOLDEST SELF TO YOUR BIGGEST CHALLENGES

"Can this kind of presence help you become more successful in the traditional sense? Quite possibly. But what matters more is that it will allow you to approach stressful situations without anxiety, fear, and dread, and leave them without regret, doubt and frustration. Instead, you will go forth with the knowledge that you did everything you could do. That you accurately and fully represented yourself and your abilities. That you showed them who you really are. That you showed *yourself* who you really are.

There will always be new challenges, new uncomfortable situations, new roles – things that push us off balance and stoke our anxiety, forcing us to reexamine who we are and how we can connect with others. To be present, we have to treat these challenges as moments. Presence is not all or nothing. Sometimes we lose it and have to start again, and that's okay." PAGE 28

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