



**Break Free From Imposter Syndrome: Embrace Your Competent, Capable Self**

**Bibliography Resources/Information**

**By Michelle Greer Galloway ([mgalloway@cooley.com](mailto:mgalloway@cooley.com))**

Author	Title of Book	Year	A Michelle "Favorite"
Ancowitz, Nancy	Self-Promotion for Introverts: the quiet guide to getting ahead	2010	
Babcock, Linda and Laschever, Sara	Women Don't Ask: The High Cost of Avoiding Negotiation—and Positive Strategies for Change (Paperback)	2008	Discusses concept of recognizing opportunities to negotiate
Babcock, Linda and Laschever, Sara	Ask For It: How Women can use the Power of Negotiations to Get What They Really Want	2008	
Brown, Brené	The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are	2010	Excellent
Brown, Brené	I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough"	2007	
Chamorro-Premuzic Ph.D., Tomas	Confidence: How Much You Really Need and How to Get It	2014	
Clance, Dr. Pauline Rose	The Impostor Phenomenon: Overcoming the Fear That Haunts Your Success	1985	
Cuddy, Amy	Presence: Bringing Your Boldest Self to Your Biggest Challenges	2015	
Duckworth, Angela	Grit: The Power of Passion and Perseverance	2018	Excellent
Fox, Marci and Sokol, Leslie	Think Confident, Be Confident: A Four-Step Program to Eliminate Doubt and Achieve Lifelong Self-Esteem	2009	
Harris, Russ	The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt	2011	
Harvey, Joan C. and Katz, Cynthia	If I'm So Successful Why Do I Feel Like a Fake: The Impostor Phenomenon	1985	
Helmstetter, Ph.D., Shad	What to Say When You Talk to Your Self	2017	
Hoff, Ron	Say it in Six: How to say exactly what you mean in six minutes or less	1996	Very good



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Kay, Katty; Shipman, Claire	The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know	2014	Very good
Killelea, Grace	The Confidence Effect: Every Woman's Guide to the Attitude That Attracts Success	2016	
Klaus, Peggy	Brag! The Art of Tooting Your Own Horn Without Blowing It	2004	
Lerner, Helene	The Confidence Myth: Why Women Undervalue Their Skills, and How to Get Over It	2015	
Lipman, Joanne	That's What She Said: What Men Need to Know (and Women Need to Tell Them) About Working Together	2018	Excellent
Marcus, Bonnie	The Politics of Promotion: How High Achieving Women Get Ahead and Stay Ahead	2015	
McGinn, Daniel	Psyched Up: How the Science of Mental Preparation Can Help You Succeed	2017	
Mindell, Phyllis	How to Say It For Women: Communicating with Confidence and Power Using the Language of Success	2001	
Morgan, Nick	Power Cues: The Subtle Science of Leading Groups, Persuading Others and Maximizing Your Personal Impact	2014	Good
Neff, Kristin	Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind	2010	Excellent (new book publishing 2021)
Sandberg, Sheryl	Lean In: Women, Work, and the Will to Lead	2013	
Shannon, LMFT, Jennifer	Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry	2017	
Sincero, Jen	You Are a Badass: How to Stop Doubting Your Greatness and Start Living An Awesome Life	2013	Very good
Young, Valerie	The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It	2011	



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	How Lawyers Can Banish Imposter Syndrome, Increase Confidence ...	The Lawyers Edge Blog	Oct. 25, 2017	<a href="https://www.thelawyersedge.com › Blog › Law Practice Management">https://www.thelawyersedge.com › Blog › Law Practice Management</a>
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Aronowitz, Susanne	Imposter Syndrome: A Secret Epidemic in the Legal Profession	The Oregon State Bar Bulletin	Aug/Sept 2017	<a href="https://www.osbar.org/bulletin/issues/2017/2017AugustSeptember/html5/index.html">https://www.osbar.org/bulletin/issues/2017/2017AugustSeptember/html5/index.html</a>
Badaway, Rebecca L.; Gazdag, Brooke A.; Bentley, Jeffrey R. and Brouer, Robyn L.	Are All Imposters Created Equal? Exploring Gender Differences in the Imposter Phenomenon-Performance Link	Journal Personality and Individual Differences	Sept. 2018	<a href="https://www.sciencedirect.com/science/article/pii/S0191886918302435?via%3Dihub">https://www.sciencedirect.com/science/article/pii/S0191886918302435?via%3Dihub</a>
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