



Amy Cuddy's Presence: Bringing Your Boldest Self to Your Biggest Challenges Summary

By Ant Hive Media

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This groundbreaking book by Amy Cuddy shows how we can attain “presence.” Being present is a state where we modify how we see ourselves rather than thinking of the impressions we make on others. The author explains that we don’t need to go on a spiritual journey to leverage the power of being present. We only need to constantly remind ourselves to fine-tune our mentality, body language and behavior in response to a given situation. Amy Cuddy has galvanized tens of millions of viewers around the world with her TED talk about “power poses.” Now she presents the enthralling science underlying these and many other fascinating body-mind effects, and teaches us how to use simple techniques to liberate ourselves from fear in high-pressure moments, perform at our best, and connect with and empower others to do the same. Brilliantly researched, impassioned, and accessible, Presence is filled with stories of individuals who learned how to flourish during the stressful moments that once terrified them. Every reader will learn how to approach their biggest challenges with confidence instead of dread, and to leave them with satisfaction instead of regret. The book earned a number of prestigious awards including: New York Times bestseller, Wall Street Journal bestseller, USA Today bestseller, Publishers Weekly bestseller, AARP Editor's Pick and a "Top Ten Books of 2015", Forbes "15 Best Business Books of 2015", Business Insider "20 Best Business Books of 2015", Business Insider "20 of the Best Books by the Most Influential Thinkers in Business", Washington Post "12 Leadership Books to Watch for in 2015", Inc. #1 pick for "12 New Business Books for the Perfect Gift", People "Book of the Week", BusinessMirror "10 Books to Look for in Early 2016", Bustle "10 Books That'll Inspire You to Make the World a Better Place in 2016" and the Irish Independent "The 6 Best Motivational Reads for 2016" Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 352 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. Ant Hive Media reads every chapter, extracts the understanding and leaves you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours.

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