



Le syndrome d'imposture

Pourquoi les femmes manquent tant de confiance en elles ?

les arènes

Date : 21/01/2021

Pages : 320

Format cm : 16 x 23

Prix : 19.9

EAN : 9791037500861

Impostor Syndrome

Authors: Élisabeth Cadoche (Text) - Anne de Montarlot (Drawings)

Publisher : Les Arènes

Category : Humanities and Non-Fiction

Genres : Essay - Sociology

Keywords : Feminism - Toxic relationship - Immigrant

Why do women all over the world lack confidence in themselves?

First identified by two American psychologists in the 1970s, impostor syndrome is an extreme lack of self-confidence whose symptoms include difficulty in valuing one's own talents and achievements. Today's women are trapped in a paradox: they consistently get the best results in school, land comparable jobs to men, and yet continue to doubt their abilities. This book combines scientific data with clinical case studies and interviews with famous women. Its purpose: to give women the tools to become aware of their own intrinsic value, and stop basing their self-worth on the opinions of others.
