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Kay and Claire Shipman

travel to the frontiers of

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for the confidence gene

and reveal surprising

new research on its

roots in our brains. They

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visit the world's leading psychologists who explain how we can all chose to become more confident simply by taking action and courting risk, and how those actions change our physical wiring.

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Kay and Shipman go beyond admonishing women to “lean in.”

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In The Confidence Code, Claire Shipman and Katty Kay argue that the key reason is confidence. Combining cutting-edge research in genetics, gender,

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behavior, and cognition—with examples from their own lives and those of other successful women in politics, media, and business—Kay and Shipman go beyond admonishing women to "lean in." Instead, they offer the inspiration and practical advice women need to close the gap and achieve the careers

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Code they want and deserve.

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Joanna Coles, Editor-in-Chief, Cosmopolitan.

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merely about being

competent; confidence

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is actually a part of that talent.”. ? Katty Kay,
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travel to the frontiers of neuroscience on a hunt for the confidence gene and reveal surprising new research on its roots in our brains.

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As we travelled the country, we've discovered that the mothers and fathers we

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Code are desperate for

help translating the

Confidence Code into a

formula that works for

girls, so that their

daughters can be

empowered, from a

young age, by the power

and satisfaction of a

confident life. We heard

their pleas. THE

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Kay and Claire Shipman

travel to the frontiers of

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chose to become more confident simply by taking action and courting risk, and how those actions change our physical wiring.

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