

## **contents**

acknowledgments, ix

introduction: the confidence imperative, 1

- 1** body confidence, 29
  - 2** confidence at work, 56
  - 3** confident relating, 76
  - 4** confident mothering, 100
  - 5** confidence without borders, 124
- conclusion: beyond confidence, 143

notes, 163

bibliography, 203

index, 229