

# IMPOSTER SYNDROME

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*What It Is and  
How To Overcome It*

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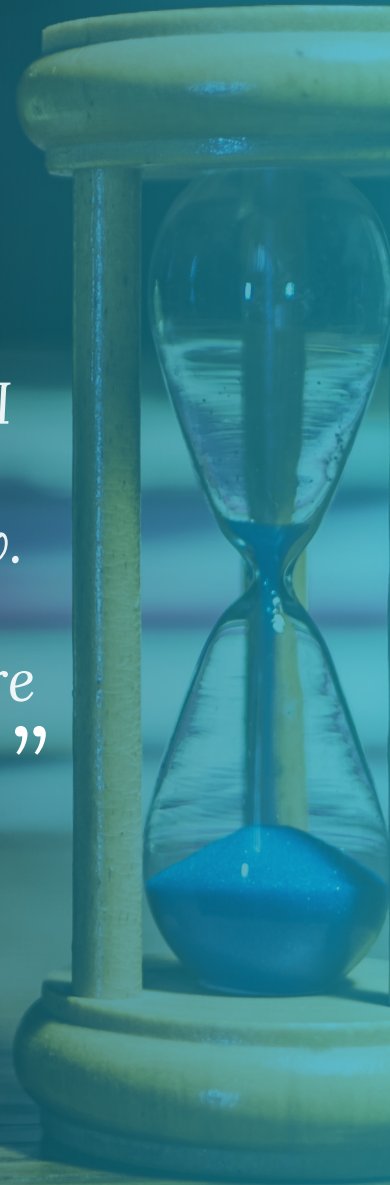
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*“I have written eleven books, but each time I think, ‘Uh oh, they’re going to find out now. I’ve run a game on everybody, and they’re going to find me out.’ ”*

**– MAYA ANGELOU**



## INTRODUCTION

*“I wonder how long it will take  
before someone figures out that  
I’m not very good at this.”*

*“I really don’t deserve my success.  
I’m the perfect example of the word lucky.”*

*“I shouldn’t have been given this job.  
I don’t know what I’m doing.”*

**H**ave you ever caught yourself thinking this way? These types of thoughts are common in those that experience Impostor Syndrome.

**This insidious affliction consists of pervasive and consistent thoughts of inadequacy, even when you’ve proven yourself to be entirely capable.** It’s like you can’t convince yourself of how great you are, even when you really are!

While everyone suffers from self-doubt on occasion, someone with Impostor Syndrome feels this way all of the time. It doesn't matter how much you accomplish. You might win an Oscar for best leading actor, but you're still convinced you can't act.

There are many people who feel this way and it's not limited to any particular demographic. Men, women, children, doctors, lawyers, teachers, and custodians can all suffer from Impostor Syndrome.

*Do you feel like a phony?*

*Do you find it hard to believe that people trust you?*

*Do you regularly feel self-doubt, regardless of how much success you achieve?*

If so, you're in the right place.

By learning to manage your Impostor Syndrome, you can begin to see your full value and reach your ultimate potential. **Your confidence will soar when you gain the necessary skills to deal with your self-doubt effectively.**

When Impostor Syndrome is allowed to exist unchecked it can severely limit your overall satisfaction in life. It can also hamper your relationships and career.

*Consider these topics to learn more about yourself and your options for dealing with Impostor Syndrome:*

1. **Chapter 1: Understanding Impostor Syndrome.** Do you have Impostor Syndrome? What are the signs and effects? How long has Impostor Syndrome been an issue? What are the causes? You'll find out all you need to know.
2. **Chapter 2: The Basic Types of Impostor Syndrome.** There are five basic types of Impostor Syndrome. Understanding your types will help you to understand the solution.
3. **Chapter 3: A Three-Pronged Attack to Impostor Syndrome.** This is a big chapter and demonstrates just how challenging Impostor Syndrome can be to defeat. You'll learn about the role of your childhood, beliefs, and basic

personality.

4. **Chapter 4: A 21-Day Action Plan.** You'll have a daily plan for three full weeks. Using the ideas presented here, you'll build momentum that can carry you toward a new future.

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*“As a therapist, I've worked with many high-achieving people who don't feel worthy of their success. Whether it was a recent college graduate who had landed a high-paying job or a mature adult who had just received another promotion, all of these people suffer from impostor syndrome.”*

- AMY MORIN

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