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# The Tender Heart: Conquering Your Insecurity

*Joseph Nowinski*

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# The Tender Heart: Conquering Your Insecurity

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**The Tender Heart: Conquering Your Insecurity** Joseph Nowinski
**Insight, explanations, and practical solutions for overcoming insecurity and sensitivity -- from a top psychologist**
In simple language, Joseph Nowinski explains that insecurity is not a flaw or shortcoming, but rather a personality trait that reflects both temperament and life experiences. And, most important, he shows how insecurity can be conquered so that one can thrive -- especially in work and love.
The first book to investigate insecurity, *The Tender Heart* sheds light on its common causes and provides guidelines for overcoming the self-doubt, debilitating self-consciousness, and chronic lack of confidence that prevent many people from enjoying life to its fullest. Combining personality quizzes and case histories of people who have conquered their insecurities, *The Tender Heart* offers expert advice on:

1. Healing insecurity
2. Avoiding emotional predators who seek out sensitive people
3. Coping with a tough-hearted partner or colleague
4. Finding your emotional mate
5. Raising children who are self-confident

*The Tender Heart* is for anyone who has experienced times when their own insecurity or the insecurity of others has interfered with valued relationships or prevented them from realizing their potential.

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