The Real Work of Young Minds
Defending the Early Years, by Lilian G. Katz

While science supports some genetic predisposition toward confidence, it can be learned and developed. Unfortunately, while women are more educated than ever before, they spend hours agonizing over confidence-building strategies. To help, Katty Kay & Claire Shipman, the same authors who gave us Womenomics, have written Women in the World, a book that explores the brain science around resilience. What can educators and parents do to help young minds build confidence and resilience? 

While people often talk about the importance of confidence and resilience, there is a lot of misunderstanding about what makes a person resilient. Katz argues that confidence is not something that can be taught. Instead, it is something that is developed through experience. To build confidence, Katz suggests that young minds need to be given opportunities to take risks and learn from their mistakes. To build resilience, Katz suggests that young minds need to be given opportunities to face challenges and learn how to overcome them. 

In her book, Katz provides practical advice for parents and educators on how to help young minds build confidence and resilience. She also provides case studies of children who have built confidence and resilience, as well as stories of children who have struggled to build these important skills. 

Katz's book is a must-read for anyone who wants to help young minds build confidence and resilience. It is a practical guide for parents and educators, and it is a story of hope and inspiration for anyone who has ever struggled to build confidence and resilience.