**BOOKS**

- The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know
- Self-Compassion: The Proven Power of Being Kind to Yourself
- The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt
- When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism
- The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It
- Presence: Bringing Your Boldest Self to Your Biggest Challenges
- The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

**APPS**

- Headspace
- Insight Timer
- 10% Happier
- Step, Breathe & Think

**PODCASTS**

- The Resilient Lawyer with Jeena Cho #87: Neha Sampat— Imposter Syndrome: The Mindset and Culture That is Plaguing Lawyers
- The Lawyer Stress Solution #26: Impostor Syndrome

**D.C. BAR LAP**

**LAWYER ASSISTANCE PROGRAM**

Free and confidential assistance for D.C. Bar members, Judges, and Law Students.

If you need help managing impostor syndrome or want to learn more, contact us at 202.347.3131 or LAP@dcbar.org

**IMPOSTOR SYNDROME RESOURCES**

**WHAT IS IT?**

Basically, feeling inadequate despite evident success.

**WHAT TO DO ABOUT IT:**

- Shift mindset
- Name it
- Cultivate acceptance
- Examine internal dialogues
- Explore unhelpful patterns
- Increase connection
- Identify warning signs/triggers
- Connect with values

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