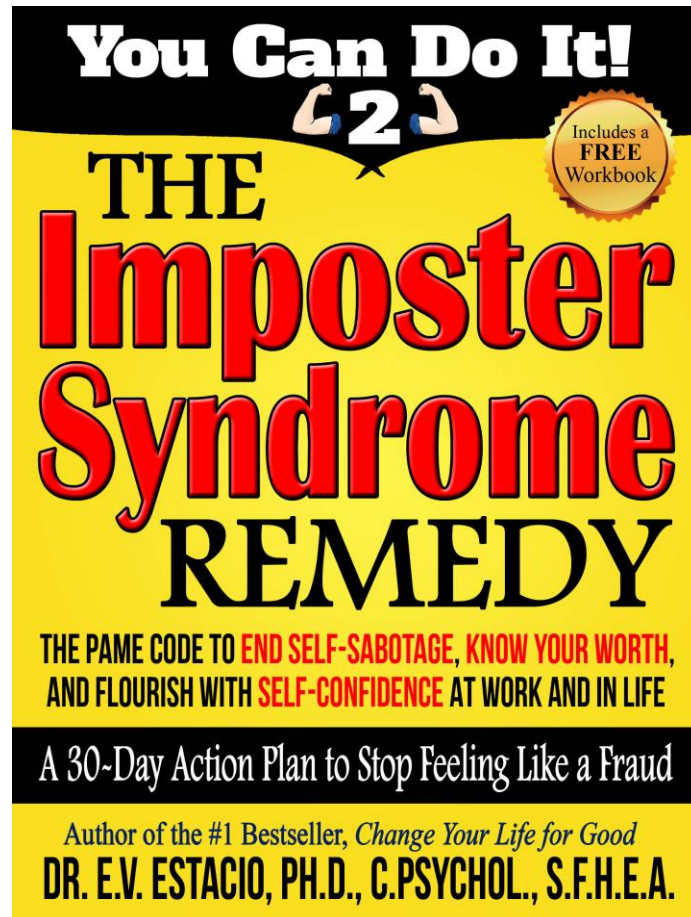


THE IMPOSTER SYNDROME REMEDY

AUDIOBOOK SHOWNOTES



Thank you for purchasing the audio version of *The Imposter Syndrome Remedy: A 30-Day Action Plan to Stop Feeling like a Fraud*.

I know what it is like to listen to audio content.

You hear an important link, but cannot immediately write it down.

So I have put together these show notes of every link mentioned in this book.

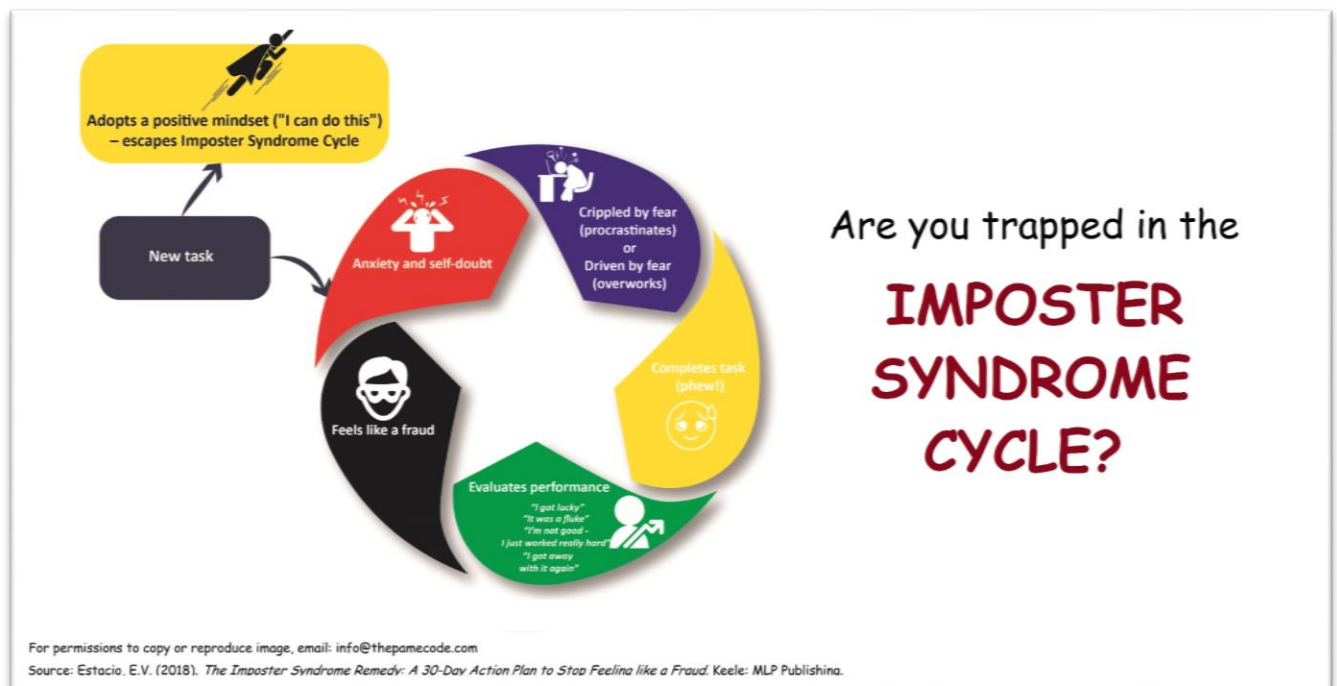
Free bonus workbook

This book also comes with a 30-day action plan and a FREE bonus workbook so you can take small, actionable steps every day to help you stop feeling like a fraud. You can download the free PAME Code Workbook to Remedy Your Imposter Syndrome in 30 Days at:

<http://www.thepamecode.com/imposter-workbook>

Chapter 1

The Imposter Syndrome Cycle



Chapter 2

The imposter syndrome test

You can take the test through this link: <http://www.paulineroeclance.com/pdf/IPTestandscoring.pdf>

The PAME Code Facebook Group

If you would like some support, you can apply to join the PAME Code Facebook Group so we can all go together and share our commitment to change, keep each other accountable, offer encouragement and support during rough times, and celebrate our successes together. It's free to join. Go to:

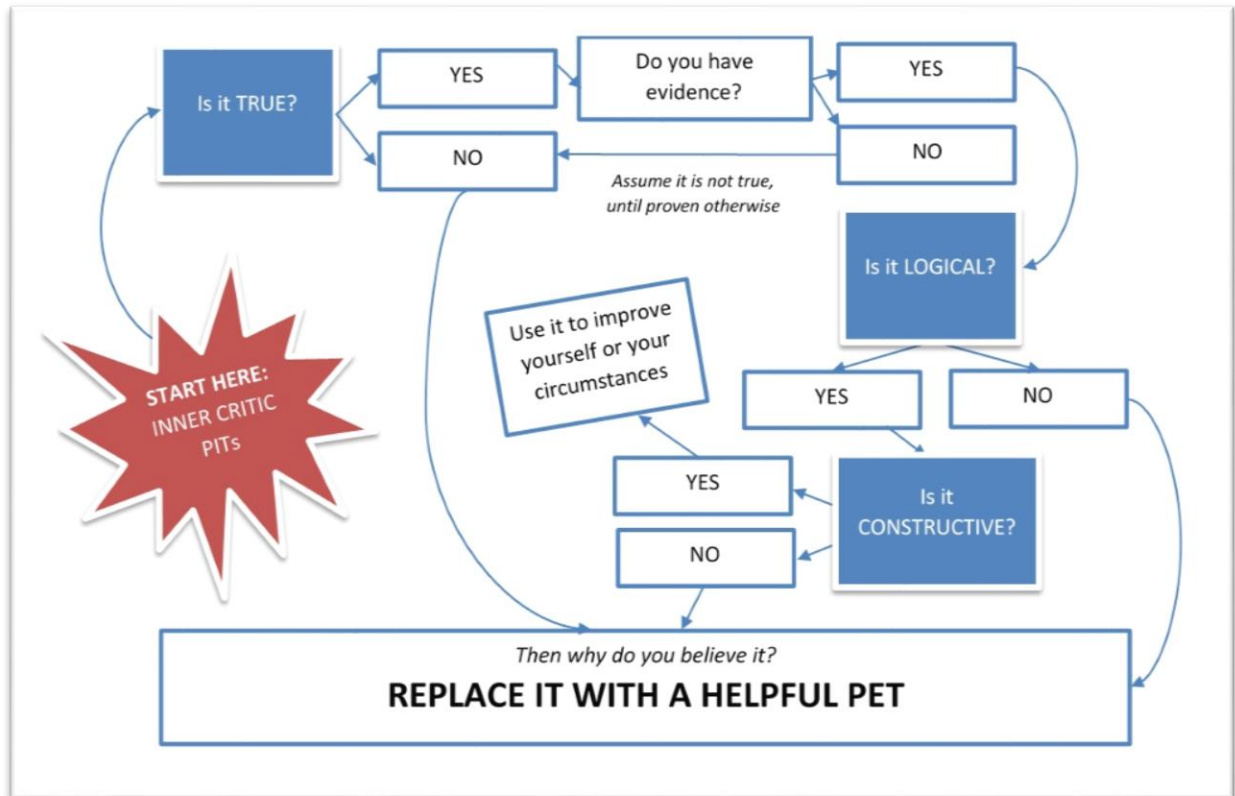
<http://thepamecode.com/facebook-group/>

Chapter 4

This is the link to the original research by Swedish psychologist, Dr. K Anders Ericsson on deliberate practice: <http://projects.ict.usc.edu/itw/gel/EricssonDeliberatePracticePR93.pdf>

Chapter 5

This is the flowchart on the TLC questioning sequence to change your PITs into PETs.



Chapter 7

This is the link to test your character strengths

<http://www.viacharacter.org/www/Character-Strengths-Survey>

Need more support?

If you need further support to help remedy your *Imposter Syndrome*, join us on the PAME Code Facebook Group.



<http://thepamecode.com/facebook-group/>

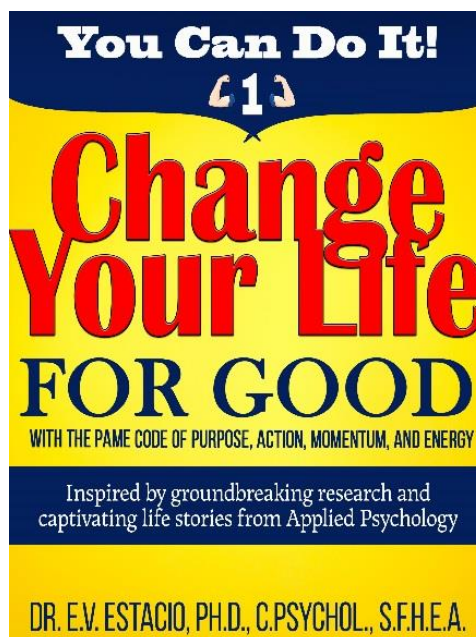
You may also book one-to-one coaching sessions with Dr E V Estacio.

Limited slots available.

For more information, go to:

www.thepamecode.com/services

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- PLUS practical tips on how to develop healthier habits, declutter your mind, enrich your faith and spirituality, reconnect with nature, and so much more

<http://thepamecode.com/changeyourlife/>

About the Author



Dr E V Estacio is a #1 best-selling author, speaker, and life and leadership coach. She is the Founder of “The PAME Code for Purposeful Living” and “My Life’s Purpose Life and Leadership Coaching for Servant-Leaders”.

She is a chartered psychologist with over 18 years’ experience in research, health promotion, and community development.

She sits on the editorial board of several psychology journals and is an avid supporter of organizations that promote literacy, human rights, and social justice. In particular, she has led and supported projects that aimed to promote the wellbeing of migrant and ethnic minority groups, children and young people, older adults, people with learning disabilities, caregivers and nurses, LGBT groups, and indigenous communities.

She is passionate about living a purposeful life and is keen to help others to do the same through her books, speaking engagements, and coaching practice.

For more information, visit:

www.thepamecode.com
www.mylifespurpose.co.uk

Or email: info@thepamecode.com

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