

**"Valerie Young is to impostor syndrome what  
Brené Brown is to vulnerability."  
—Mark Leruste, founder of The Unconventionalists**

# THE SECRETS THOUGHTS OF SUCCESSFUL WOMEN

**And Men: Why Capable People  
Suffer from Impostor Syndrome  
and How to Thrive in Spite of It**

**VALERIE YOUNG, ED.D.**

# Secret Thoughts

**Rachel S Tattersall**



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