

Press Kit

WRANGLING THE DOUBT MONSTER: FIGHTING FEARS, FINDING INSPIRATION

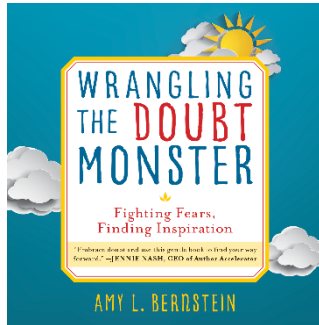
BY AMY L. BERNSTEIN

"The little book that every self-doubting person needs now"

SHORT-LISTED: ERIC HOFFER GRAND PRIZE

WINNER: BEST SELF-HELP & INSPIRATION, BOOKFEST2025

FINALIST, NATIONAL INDIE EXCELLENCE AWARD



“With *Wrangling the Doubt Monster*, Amy L. Bernstein delivers an empowering, fresh approach to tackling the self-doubt that haunts creative minds. In poetic prose and brisk, practical chapters, Bernstein guides readers to see doubt not as a barrier but as a tool for growth. Enriched with inspiring quotes and playful illustrations by Mary Grace Corpus, this compact yet profound guide encourages artists and dreamers alike to embrace doubt as a shared human experience—one that, when harnessed, can fuel our creative journey. Bernstein’s insights are uplifting, actionable, and deeply resonant, making this a must-read for anyone ready to transform their inner fears into artistic strength.”

—**BOOKLIFE-PUBLISHERS WEEKLY**

“This accessible and reassuring book offers much-needed and actionable strategies and techniques for those experiencing a block at any point in their creative endeavors ... Many of the concepts can be applied more generally to other facets of life as well.”

—**KIRKUS REVIEWS**

“Use this book and its actionable insights to learn to work with doubt.”

—**JENNIE NASH, FOUNDER & CEO OF AUTHOR ACCELERATOR**

“A comforting guide for artists grappling with doubt. Keep it close for reassurance and to spark your own insights.”

—**ALLISON K. WILLIAMS, AUTHOR OF *SEVEN DRAFTS: SELF-EDIT LIKE A PRO FROM BLANK PAGE TO BOOK***

“I loved Amy Bernstein’s *Wrangling the Doubt Monster* so much, I had to buy five more copies to give as gifts! The wisdom in this lovely book applies to artists and creators of any kind who come face to face with doubt. That’s why I’m giving WRANGLING to some amazing entrepreneurs I know. Getting your voice, your work, and your unique perspective out in the world matters now more than ever. Don’t let doubt stop you. Thank you, Amy, for this treasure of a book. It will help so many people transcend doubt and create possibility.”

—**MARY O'DONOHUE, OPRAH SHOW VETERAN, MEDIA COACH FOR DISRUPTIVE WOMEN NONFICTION AUTHORS, AND #1 BESTSELLING AUTHOR HERSELF**

“Amy L. Bernstein offers a powerful tool against doubt in 'Wrangling the Doubt Monster.' Essential for artists.”

—**DR. ERIC MAISEL, CREATIVITY COACH, AND AUTHOR OF *FEARLESS CREATING***

“Chock full of common-sense wisdom, Amy Bernstein's *Doubt Monster* deftly helps us understand why we should harness, not banish, our doubts. A terrific addition to the bookshelf of any writer, artist, entrepreneur, or inventor.”

—MAGGIE JACKSON, NATIONAL BOOK AWARD NOMINEE FOR *UNCERTAIN: THE WISDOM AND WONDER OF BEING UNSURE*

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The press boasts an impressive track record of critical and commercial success, including works by Pulitzer Prize winners Alice Steinbach, Stephen Hunter, Elizabeth McGowan, and Mark S. Johnson. Its titles frequently earn starred reviews and accolades, such as *The Missing Kennedy*, a

New York Times ebook bestseller that graced the cover of *People Magazine*. Bancroft's commitment to fostering emerging voices and exploring diverse perspectives has made it a beacon of excellence and innovation in the literary world.

Strategically based in Los Angeles, Bancroft Press is uniquely positioned to connect its compelling narratives to Hollywood, with numerous titles optioned for film and television by esteemed industry leaders. This dynamic blend of literary and cinematic influence further cements Bancroft's status as a premier indie publisher.

Amy L. Bernstein

Amy L. Bernstein is an author, book coach, and former journalist who has walked with doubt her whole life. She abandoned her first novel because a voice in her head told her she had no business trying to write and no idea what she was doing. She failed to pursue screenwriting because she decided she lacked talent. And even after earning awards for her Master's thesis and then her journalism, Amy couldn't quite call herself a writer.

Indeed, Amy has spent a lifetime wrestling with doubt—learning to navigate its depths, harness its power, and ultimately, transform it into a tool for creative resilience. Known as *the Doyenne of Doubt*, Amy has made it her mission to help others confront their own uncertainties and move forward with confidence.

Doubt first took root in Amy's life as a quiet, persistent voice—one that whispered she wasn't good enough, wasn't ready, wasn't worthy of the creative life she envisioned. As a young writer,



she questioned her ability to turn ideas into words, stories into books. Even as an award-winning journalist, she grappled with imposter syndrome, wondering if she was truly capable of shaping narratives that mattered. Like so many creatives, she often asked herself: *Do I deserve to be here?*

Yet over time, Amy realized that doubt was not a foe to be vanquished, but a force to be understood. She began to see it as a *companion*—one that, when properly managed, could sharpen her instincts and deepen her work. In her latest book, *Wrangling the Doubt Monster: Fighting Fears, Finding Inspiration*, she explores this very idea, helping readers see doubt not as a barrier, but as a catalyst for artistic and personal growth.

Drawing on her own struggles and triumphs, Amy teaches creatives how to “change the channel” on the voices that undermine their confidence, replacing self-doubt with self-affirmation. She emphasizes that doubt can be useful—it forces us to pause, reflect, and refine our ideas before leaping forward. In her work as a book coach, she helps writers push past their inner gremlins and take the risks necessary to bring their visions to life.

Amy's personal journey mirrors the lessons she shares with others. She has learned to renegotiate her relationship with risk and reward, understanding that the true value of creative work lies not just in external success, but in the sheer act of *doing*. She believes that every artist, writer, and dreamer has the capacity to rewrite their own self-narrative—replacing hesitation with action, paralysis with momentum.

Through workshops, speaking engagements, and her Substack newsletter *Doubt Monster*, Amy fosters a global community of creatives who share her commitment to reframing doubt as a force for good. Her work has been praised by *Publishers Weekly*, *Kirkus Reviews*, and countless artists who have found solace and strength in her words.

Book-Related Guest Appearances Made by the Author on the Following Podcasts (Sample)

- Imposter Syndrome Files
- Between the Covers
- A Life Worth Being
- Soul-led Creative Women
- Follow Your Curiosity
- Chasing Happiness with Ryan DeMent
- Healthy Mind, Healthy Life
- A Joyful Rebellion
- Let's Keep it Real
- Sustaining Creativity Podcast
- Create Art Podcast
- Unconditioning: Discovering the Voice Within
- Creativity Found
- Blossom Your Awesome
- Paper Napkin Wisdom
- The Passionate Painter Podcast
- The Author's Voice with KAJ
- Digital Trailblazers
- Smart Women Podcast

Ten Pithy Soundbites that Capture the Major Themes of Amy L. Bernstein in *Wrangling the Doubt Monster*

1. **Doubt isn't the enemy—it's fuel.** Instead of fighting it, use doubt to sharpen your creativity and push forward.
2. **You don't eliminate doubt; you coexist with it.** Doubt will always be there—learning to live with it is the key to artistic growth.
3. **Creativity thrives in an open mind.** Let unrelated ideas collide and merge, and inspiration will follow.
4. **Your doubt isn't just personal—it's cultural.** The world around you shapes your self-doubt, but you don't have to let it define you.
5. **Every act of creation is also an act of doubt.** You can't make without wondering, and that wondering is part of the magic.
6. **Doubt speaks in many voices—turn down the volume.** Learn to amplify your creative instincts instead of your self-criticism.
7. **Doubt is proof that you care.** If you didn't feel doubt, your work wouldn't matter to you.
8. **Action is the antidote to doubt.** Even small creative steps break the paralysis of fear.
9. **Reclaim your narrative—don't let doubt tell your story.** You are more than your inner critic; shape your own creative destiny.
10. **Your doubt is a monster, but you hold the leash.** Wrangle it, work with it, and turn it into a creative ally.

TOP 20 PROFESSIONS (IN DESCENDING ORDER) WHERE DOUBT PLAYS A KEY ROLE

1. Writers and Authors

- o Doubt often manifests as fear of failure, imposter syndrome, and creative block, making it a constant challenge.

2. Artists (Painters, Sculptors, Photographers)

- o The subjective nature of art and fear of critique often lead to pervasive self-doubt.

3. Doctors and Surgeons

- o High-stakes decision-making and fear of making mistakes contribute to diagnostic doubt and decision fatigue.

4. Entrepreneurs and Start-Up Founders

- o Constant pressure to succeed, fear of failure, and uncertainty about product-market fit are significant sources of doubt.

5. Performing Artists (Actors, Musicians, Dancers)

- o Stage fright, performance anxiety, and fear of rejection are common, fueling self-doubt.

6. Teachers and Educators

- o Doubts about lesson effectiveness, student engagement, and performance outcomes are frequent concerns.

7. Software Developers and Engineers

- o Rapidly changing technologies, fear of bugs, and decision fatigue often lead to self-doubt and imposter syndrome.

8. Therapists and Counselors

- o Constant self-reflection and concern over treatment outcomes can result in diagnosis and efficacy doubt.

9. Lawyers (Especially Litigators & Defense Attorneys)

- o High-pressure environments, client trust concerns, and the unpredictability of case outcomes drive self-doubt.

10. Executives and Corporate Leaders

- o Leadership doubt and strategic decision-making challenges, along with fear of failure, are common in these roles.

11. Data Scientists and Researchers

- o Analysis paralysis, concerns over data accuracy, and fear of making incorrect conclusions contribute to significant doubt.

12. Journalists and Reporters

- o Fact-checking concerns, source credibility, and fear of bias or public backlash fuel doubt in this profession.

13. Nurses and Healthcare Workers

- o Compassion fatigue, fear of mistakes, and decision fatigue are major sources of self-doubt.

14. Project Managers

- o Balancing multiple stakeholders, risk assessment, and fear of project failure often lead to persistent doubt.

15. Sports Coaches and Fitness Instructors

- o Performance pressure, concerns about training efficacy, and self-doubt about decision-making are prevalent.

16. Clergy and Religious Leaders

- o Spiritual guidance and ethical dilemmas, along with the weight of expectations, can lead to deep personal doubt.

17. Scientists and Academics

- o The pressure to publish, fear of critiques, and uncertainty in research findings contribute to doubt.

18. Salespeople and Marketing Professionals

- o Performance anxiety, fear of rejection, and concerns about product value often lead to self-doubt.

19. Human Resources Professionals

- o Doubts about hiring decisions, conflict resolution, and navigating company culture are common challenges.

20. Firefighters and EMTs

- o High-stakes decisions, fear of making life-threatening mistakes, and split-second judgment calls can create intense doubt.

Based in Baltimore, Amy continues to challenge the conventional wisdom that doubt is a weakness. Instead, she champions it as an essential part of the creative journey—a force that, when properly wrangled, can lead to some of our most profound discoveries.

Because, as she often reminds those she mentors: *Doubt will never disappear. But neither will your ability to rise above it.*

Amy has learned that "doubt is fuel as well as foe," and she persists despite her doubt monsters. *And now she's determined to help others do the same.*

TEN KEY TAKEAWAYS FROM *WRANGLING THE DOUBT MONSTER* BY AMY L. BERNSTEIN

1. **Embrace doubt as a creative companion:** The book encourages accepting doubt as a natural part of the creative process rather than trying to eliminate it.
2. **Keep your mind open for creativity:** Artists are urged to maintain an open mind, which allows seemingly unrelated ideas to merge and spark creativity.
3. **Recognize cultural influences on doubt:** The book highlights how societal norms and environments can shape an artist's self-doubt.
4. **Acknowledge that doubt is universal:** Doubt is framed as a natural and essential part of the human experience, shared across cultures and time periods.
5. **Use doubt to fuel creativity:** Rather than viewing doubt as a barrier, artists can harness it as motivation to refine their work.
6. **Turn doubt into a source of focus:** The book encourages transforming doubt into an ally that sharpens creative concentration and enhances artistic focus.
7. **Accept vulnerability as part of growth:** Creators must embrace their vulnerability in order to grow and evolve in their artistic endeavors.
8. **Reclaim the narrative from doubt:** The book urges artists to take control of their inner narratives, focusing on the joy and discoveries of the creative process instead of doubt.
9. **Keep creating despite doubt:** Persistence in the face of doubt is crucial, as continuing to create moves artists forward even when doubt is present.
10. **Overcome doubt with action:** Taking small steps to make art, even when overwhelmed by doubt, helps restore confidence and momentum.

EIGHT COMPELLING REASONS TO READ OR REVIEW *WRANGLING*

1. **Addressing Universal Challenges:** The book tackles the universal theme of self-doubt, a common obstacle for creatives across various disciplines, making it relevant to a broad audience.
2. **Actionable Advice:** Bernstein provides practical strategies and tools for managing doubt, turning theoretical concepts into actionable advice that readers can apply in their daily creative practices.
3. **Expert Perspectives:** Drawing on her experience as a multi-genre author and certified book coach, Bernstein offers expert insights into the psychological aspects of creativity and the challenges artists face.
4. **Inspirational Anecdotes:** Through personal stories and anecdotes, the book offers inspiration and encouragement, showing readers that they are not alone in their struggles with doubt.
5. **Visual Appeal:** With whimsical illustrations by Mary Grace Corpus, the book is not only informative but also visually engaging, enhancing the reader's experience.
6. **Flexible Reading Experience:** The book's structure allows readers to engage with the content in non-linear fashion, making it easy to find immediate help and inspiration as needed.
7. **Empowering Message:** Bernstein emphasizes that doubt does not have to be an enemy; it can be a source of strength and a catalyst for growth, offering an empowering perspective that challenges conventional views.
8. **Supportive Community:** Reading "Wrangling the Doubt Monster" connects individuals to a larger community of creatives who share similar challenges, fostering a sense of solidarity and support within the artistic community.