

# Interview Dan Rosenfeld, PhD

Award-winning Psychologist | Dating & Life Coach | Comedian

*"With humor, heart, and scientific insight, Rosenfeld offers introverts a powerful framework for cultivating authentic confidence. This book is a gift for anyone who's ready to overcome self-doubt their own way."*

—A. Janet Tomiyama, professor of psychology, UCLA

## MEET DAN ROSENFELD



DAN ROSENFELD, PhD, is an award-winning psychologist, dating coach, and comedian whose work sits at the intersection of science and storytelling. He holds a PhD in psychology from UCLA and has been featured in outlets including *The Wall Street Journal*, *Vox*, *The Atlantic*, *NPR*, *The Boston Globe*, *The Associated Press*, *WIRED*, *The Daily Beast*, *WebMD*, *Psychology Today*, and *New York Magazine*.

Dan is also a two-time U.S. Open table tennis gold medalist and a former member of the U.S. National Paralympic Table Tennis Team. In addition, he's a first-place winner of the U.S. Comedy Contest, a national stand-up comedy competition.

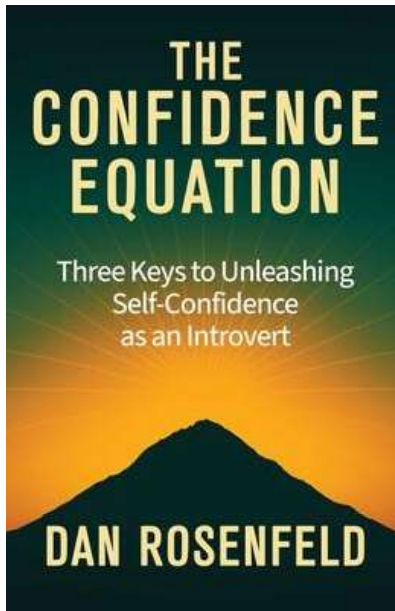
Born with cerebral palsy, Dan spent his childhood in intensive physical, speech, and occupational therapy learning skills most kids take for granted. Proudly an introvert himself, Dan is passionate about empowering fellow introverts to overcome self-doubt, harness their unique strengths, and feel at home in their own skin.

On Instagram ([@dr.dan.phd](https://www.instagram.com/dr.dan.phd)), Dan's content on personal growth reaches more than 20 million viewers each month.

## ABOUT THE BOOK

### *The Confidence Equation: Three Keys to Unleashing Self-Confidence as an Introvert*

(Health Communications Inc, February 10, 2026)



*The Confidence Equation* is a guide for introverts who are tired of being told to “speak up,” “put yourself out there,” or “just be more outgoing.” Drawing on Dan Rosenfeld’s journey as an introvert with cerebral palsy who became an award-winning PhD psychologist, and acclaimed comedian, this book offers a new blueprint for confidence. Through personal stories, psychological insight, and practical exercises, readers learn how to overcome self-doubt, bounce back from adversity, and build a steady sense of self-worth that doesn’t depend on anyone else’s approval.

Instead of pushing introverts to mimic extroverted behavior, *The Confidence Equation* shows them how to harness what already makes them powerful: inner depth, reflection, and self-awareness. Each chapter explores a specific life lesson—from navigating fears of vulnerability and rejection to embracing your differences and reconnecting with your inner child—and turns it into actionable tools. The result is a book that feels like a mix of memoir, lab-tested psychology, and real-world coaching. Readers will walk away feeling seen, understood, and equipped with strategies they can actually use to feel more confident in their relationships, careers, and everyday lives.

*The Confidence Equation* is available for preorder now from:

[Simon & Schuster](#), [Amazon](#), [Barnes & Noble](#), [Bookshop](#), [Books-A-Million](#),  
and wherever fine books are sold.

## DISCUSSION TOPICS

- Lessons on self-esteem from a psychologist with cerebral palsy: Confidence comes when you stop trying to minimize your differences and start using them strategically
  - How to leverage core introvert strengths: Connect, date, lead, and perform in ways that feel natural
  - True confidence is an inner relationship: how you talk to yourself, how you interpret setbacks, and whether you feel you're enough as you are
  - Stop chasing an extroverted ideal and build a kind, grounded inner voice
  - Stop trying to compete on someone else's playing field: Understanding why your mind works the way it does
  - Resilience means writing your own story: How to spot unfounded doubts, reclaim authorship over their life story, and turn doubt into motivation
  - Comparison culture is destroying confidence (especially for introverts): 3 ways to quiet comparison reflexes
  - The message is simple: Confidence isn't about changing your personality; it's about finally using it
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## SAMPLE INTERVIEW QUESTIONS

- How have your experiences with cerebral palsy shaped your understanding of confidence?
  - How can a career in comedy build confidence into everyday life?
  - What does "strategic vulnerability" mean, and how is it different from oversharing or never opening up?
  - What's something often misinterpreted as a "weakness" of introversion that is actually a strength?
  - What is a "token of confidence" and 3 ways to find your own?
  - How does the pressure to fake extroversion shape who we are?
  - What's one confidence trick you recommend people do before walking into a social or professional situation?
  - What can we gain from other people doubting us?
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## ENDORSEMENTS

*"A grounded, heartfelt guide to real confidence—practical, inspiring, and refreshingly human."*

— Jessica Baum, LMHC, author of *Anxiously Attached* and *SAFE*

*"A must-read for anyone who's ever faced adversity or doubt."*

— Ian Seidenfeld, 2020 Paralympic gold medalist

*"A simple, science-backed recipe for feeling comfortable in your own skin. Rosenfeld knows the science better than anyone, and he's lived the struggle firsthand. If you want confidence, stop guessing at it—and start using the confidence equation."*

— Kurt Gray, endowed chair and professor of psychology, The Ohio State University

*"Dan Rosenfeld has a gift for turning personal experience into broader wisdom. In *The Confidence Equation*, he excavates the most actionable insights from his own story with remarkable introspection—often vulnerable and always illuminating—and connects them seamlessly to what we might discover in our own lives."*

— Anthony Burrow, professor of psychology, Cornell University

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## CONNECT WITH DAN ROSENFELD

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