

Leading Gracefully A Womans Guide To Confident Authentic Effective Leadership

"Northrup explores [what she feels is] the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body 'behave'"--Dust jacket flap.

At this time of social flux, of changing demographics on campus and the world beyond, of recognition of intersectional identities, as well as the wide variety of aspirations and career goals of today's women undergraduates, how can colleges and universities best prepare them for the demands of modern leadership? This text speaks to the changing context of today's women students' experiences, recognizing that their work life goals may go beyond climbing the corporate ladder to include social innovation and entrepreneurial goals, policy and politics, and social activism. This book is a product of multiple collaborations and intellectual contributions of a diverse group of undergraduate and graduate women who helped shape the course on which it is based. They provided research support, critical readings, as well as the diverse narratives that are included throughout the book, not as an ideal for readers to aspire to but as an authentic expression of how their distinct and sometimes non-conforming lived experiences shaped their understandings of leadership. It goes beyond hero/she-ro person-centered approaches to get at the complex and intrapersonal nature of leadership. It also situates intersectional identities, critical consciousness, and student development theory as important lenses throughout the text. Recognizing that there are many possible manifestations of leadership or gender, this text encourages students to embrace the contradictions rather than engaging in dualistic, black-and-white thinking, challenging them to address such questions as, Should women "lean in" and work harder to achieve their own leadership goals, or should they focus on bigger systemic issues to create equity in the workplace? Each chapter concludes with a brief chapter review, a narrative from a current college student, and critical reflection questions.

A stimulating exploration of wandering, being lost, and the uses of the unknown from the author of Orwell's *Roses Written* as a series of autobiographical essays, *A Field Guide to Getting Lost* draws on emblematic moments and relationships in Rebecca Solnit's life to explore issues of uncertainty, trust, loss, memory, desire, and place. Solnit is interested in the stories we use to navigate our way through the world, and the places we traverse, from wilderness to cities, in finding ourselves, or losing ourselves. While deeply personal, her own stories link up to larger stories, from captivity narratives of early Americans to the use of the color blue in Renaissance painting, not to mention encounters with tortoises, monks, punk rockers, mountains, deserts, and the movie *Vertigo*. The result is a distinctive, stimulating voyage of discovery. Striving for personal and professional success is a complicated endeavor. Fortunately, it's not one that we have to traverse alone. By incorporating the best advice from seven accomplished, professional women, this book strives to provide girls with a blueprint for overcoming obstacles, prioritizing personal development, and making their way in a world that desperately needs them to succeed. Full of insights, personal anecdotes, and actionable advice, *Her Toolbox* is a proverbial passing of the torch from one generation of gifted and talented women to another.

"Harrowing and emotional . . . A tribute to the enduring power of family. The story of the disaster's widows uplifts and devastates in equal measure." —Gareth Russell, author of *The Ship of Dreams* When the Titanic foundered in April 1912, the world's focus was on the tragedy of

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the passengers who lost their lives. Ever since, in films, dramatizations, adaptations and books, the focus has mostly continued to be on the ones who died. The Titanic and the City of Widows It Left Behind focuses on another group of people—the widows and children of the crew who perished on board. Author Julie Cook's great-grandfather was a stoker who died on the Titanic. Her great-grandmother had to raise five children with no breadwinner. This book focuses on Emily and the widows like her who had to fight for survival through great hardship, while still grieving for the men they loved who'd died on the ship. Using original archive sources and with accounts from descendants of crew who also lost their lives, the book asks how these women survived through abject poverty and grief—and why their voices have been silent for so long. "The sinking of the Titanic has produced a wealth of books, articles, films and TV documentaries, all of which have given very little thought to the dependents and friends of those who lost their lives in this ocean tragedy. A moving and involving story that corrects this neglect, told by a descendant of a Titanic widow . . . How most of them survived the grief and grinding hardship is a story worth the telling, as are the stories of those who did not survive the crushing pressures." —Firetrench

* 'This is brilliant and timely' Elizabeth Day 'Part memoir, part manual - this is the type of book every modern woman can take something from' Grazia Learn to navigate the harshness of life with soft power. In her debut book, Lotte Jeffs weaves powerful life experience with practical advice and a psychological deep-dive into what truly constitutes an emotionally rich and meaningful existence. She speaks to everyone from agony aunts and archaeologists, to pop stars and novelists, to explore a diverse picture of what it is to truly live life well. How to be a Gentlewoman will teach you how to slow down, lean out, recognize good relationships and let go of the bad, create a space you love, find your people and construct a happy and 'joined up' sense of yourself. The gentle antidote to a brutal world. For fans of Dolly Alderton's Everything I Know About Love and Elizabeth Day's How to Fail.

This important new book for Canadian business women looks at the 10 key characteristics of today's winning leaders. These characteristics - like compassion, honesty, and authenticity - were once seen as feminine weaknesses in business. But today, they define the leader who strengthens organizations rather than undermines them. This book comes from the voices of experience, some 70 women who have participated The Judy Project, a leadership program run by the Rotman School of Management that has trained 400 women for future leadership positions. These women tell compelling, first-person stories about ambition, courage, and the hard choices they've made to manage personal and professional lives in the real world of business. It's sage advice for young women about how they can move up in organizations while remaining true to themselves and to their families. "An amazing compilation of real life stories and practical advice from so many incredible Canadian female business leaders. This book will be a special gift for all my women colleagues and mentees." - Kathleen Taylor, Chair, Board of Directors, Royal Bank of Canada "What a textbook on leadership! These women share their very personal stories and show us great leadership is always about making human connections and providing opportunity for "ordinary" people to do extraordinary things." - Linda A. Hill, Professor, Harvard Business School, Co-Author Being the Boss: The 3 Imperatives for Becoming a Great Leader "This book will inspire men and women to realize how diversity can bring great value to the business challenges of the day." - Annette Verschuren, Chair & CEO NRS and the author of Bet On Me "This is a valuable book for any woman who wants to think about ambition in a new and fresh way. Through the stories and experiences of female executives, we discover how the values of honesty, compassion and generosity are essential for people and companies to reach their full potential." - Elizabeth Renzetti Columnist, The Globe and Mail "This book celebrates the incredibly powerful legacy of Judy Elder and brings it to life through the stories of women leaders - unapologetically ambitious, change-making, kick-butt leaders. A must read for women, young and old, and the men who love them." - Tanya van Biesen, Executive Director,

Catalyst LLP, Canada

Speak up. Don't take it so personally. Just make a decision already. Every day, whether they're competing in the business world or serving in a nonprofit, women hear that they're not enough. They're too emotional to lead, and the way they act, speak, and even think is detrimental to success. But in *Lead Like a Woman*, former Fortune 500 executive Deborah Smith Pegues shows that your uniquely female qualities can position you for success—if you know how to use them. She'll teach you to embrace 12 traits that can help you excel as a leader, and she'll also help you eliminate 12 tendencies that could be hindering your progress. You will discover how to... develop confidence while sharpening your professional and relational skills let go of unproductive thoughts and habits that sabotage your success create a transformative, participative, and inclusive organization Whether at work or in your community, *Lead Like a Woman* will empower you to walk boldly down your path of leadership and find fulfillment in the journey.

A woman's guide to the second half of life. Do you ever wonder if the best of life is in the past? Are you longing for more passion and purpose in the second half of your life? Take a deep breath and prepare for a great adventure as Dale Hanson Bourke resoundingly affirms that midlife is a time for reflection but also a time for action. In *Embracing Your Second Calling*, she challenges women to respond to God's call specifically for this season of life and offers practical ideas for finding new meaning. Bourke's vulnerability and story-driven approach offers essential principles and specific suggestions as well as interactive elements including: Questions for reflection and going deeper Ideas on how to become more involved Prayers for wisdom and commitment Action steps for moving forward For women searching for God's purpose and passion in middle age and beyond this book offers an inspirational road map to meaning and adventure.

The overwhelming majority of tea practitioners in contemporary Japan are women, but there has been little discussion on their historical role in tea culture (chanoyu). In *Cultivating Femininity*, Rebecca Corbett writes women back into this history and shows how tea practice for women was understood, articulated, and promoted in the Edo (1603–1868) and Meiji (1868–1912) periods. Viewing chanoyu from the lens of feminist and gender theory, she sheds new light on tea's undeniable influence on the formation of modern understandings of femininity in Japan. Corbett overturns the iemoto tea school's carefully constructed orthodox narrative by employing underused primary sources and closely examining existing tea histories. She incorporates Pierre Bourdieu's theories of social and cultural capital and Norbert Elias's "civilizing process" to explore the economic and social incentives for women taking part in chanoyu. Although the iemoto system sought to increase its control over every aspect of tea, including book production, eighteenth- and nineteenth-century popular texts aimed specifically at women evidence the spread of tea culture beyond parameters set by the schools. The expansion of chanoyu to new social groups cascaded from commoner men to elite then commoner women. Shifting the focus away from male tea masters complicates the history of tea in Japan and shows how women of different social backgrounds worked within and without traditionally accepted paradigms of tea practice. The direct socioeconomic impact of the spread of tea is ultimately revealed in subsequent advances in women's labor opportunities and an increase in female social mobility. Through their participation in chanoyu, commoner women were able to blur and lessen the status gap between themselves and women of aristocratic and samurai status. *Cultivating Femininity* offers a new perspective on

the prevalence of tea practice among women in modern Japan. It presents a fresh, much-needed approach, one that will be appreciated by students and scholars of Japanese history, gender, and culture, as well as by tea practitioners.

Every working mother's path is unique and should be celebrated, not lamented. Yet all too frequently, working mothers are presented with advice, rules to follow or guidelines as if all women's experiences are the same and a one-size-fits-all solution is appropriate. *Maternal Optimism: Forging Positive Paths through Work and Motherhood* aims to provide readers with stories and research that support the notion of women owning and feeling confident in the choices they make, as they navigate a complex series of work and family transitions. This book challenges the impulse to reduce work/life challenges to a single point in time, such as the decision to return to work after the birth of a child; instead, it recognizes that work and family decisions are anything but stagnant. They shift as life and career shift and are often filled with unpredictable events. By understanding and anticipating these shifts, working mothers can develop the resiliency they need at home and at work. This book is a resource for all professional women as they approach the difficulties and the joys of growing a family and a career.

Read Virginia Ironside's posts on the Penguin Blog. A screamingly funny and poignant story about embracing life beyond middle age Marie Sharp is heading toward sixty and is just fine with it. She's already had plenty of excitement in her life: sex and drugs in the freewheeling sixties, career and children, marriage and divorce. Now she's ready to settle into a quiet, blissfully boring routine. No Italian classes or gym memberships or bicycle trips across Europe, thank you very much! Marie just wants to put her feet up and "start doing old things." She's even sworn off men! But as it turns out, life still has some surprises in store, the biggest of which is a new grandson on the way. What's more, Archie, her old childhood crush, suddenly reenters her life, and her closest friend falls seriously ill. Armed with a biting sense of humor, Marie wrestles with a life that refuses to follow her plans—and may still offer more possibilities than she realizes.

There's a lot a girl needs to know as she grows up and makes her way in the world. Having a reference guide of practical how-to life skills and character traits can empower her to become a confident and capable woman. Coauthors Erica and Jonathan Catherman offer this collection of step-by-step instructions on 100 things girls need to succeed, including how to - introduce yourself - change a flat tire - respectfully break up with a guy - leave a tip - apply for a job - ask for a promotion - behave during a police stop - create a personal budget - calculate square footage - wash your face - clear a clogged drain - iron a shirt - wear a scarf - shoot a basketball - sharpen kitchen knives - and much more In fact, if it's in here, it's an important skill or character trait practiced by capable and confident women. With great illustrations and sidebars of advice from world-class experts, this all-in-one reference tool for young women in the making is the perfect gift for birthdays, graduations, or any occasion.

Ask yourself honestly, is your professional life going according to plan? If you are not developing your leadership skills, there is an essential element missing from your efforts for success. *Leading from the Front* will show you how to start leading your life rather than allowing your life to lead you. Many women have never received formal leadership training. They weren't taught to be decisive, commanding, and ready to take risks. But it's never too late to change. Angie Morgan and Courtney Lynch weren't born

leaders—they became leaders during their years in the U.S. Marine Corps, enduring some of the toughest training on earth. Now they pass the leadership know-how and experience from that training on to you. Drawing on their years as Marine Corps officers and successful private consultants, Morgan and Lynch deliver 10 key practices to becoming a powerful leader. You'll improve your decision making, focus, and performance as you learn to Set an inspiring example Think fast on your feet Stop making excuses Take care of your team (so they'll take care of you) Respond without overreacting Stay cool while dealing with crises Have the courage to achieve your goals Learn how to effectively take on any challenge that comes your way—with the confidence you need to lead like the toughest Marine, but with a woman's touch.

“With an honest, humorous approach, [Manly] illuminates the unexpected delights of aging while offering expert insights into navigating aging challenges.”—Erica Manfred, author of *I’m Old, So Why Aren’t I Wise?* How does a woman embrace her maturity with joy and strength when her life and her body change year to year? Psychologist Dr. Carla Marie Manly provides an important and meaningful window into womanhood for those approaching fifty and beyond. A must-read book for any woman approaching the age of fifty, *Aging Joyfully* touches the sensitive reality of the transition from a life filled with new beginnings to a graceful process filled with freedom, beauty, and joy. Includes chapters on: Loving Your Changing, Maturing Body Your Health: What to Expect with Menopause, Memory Changes, and More Shifting Relationships: Understanding and Adapting to Natural Changes in Relationship Dynamics The Worlds of Work and Retirement: Facing Ageism and Retirement with Awareness Aging Parents, Caregiving, and Loss: Gracefully Caring for Others and Letting Go; and Slowing Down as the Time Speeds Up: The Art of Transitioning into a New Life Role “The blend of intelligence and compassion in this beautiful book should help many women deal with the real issues in getting older. You will find guidance, understanding, and a positive but not unrealistic approach to aging.”—Thomas Moore, New York Times-bestselling author of *Care of the Soul* “The book points to inner treasures that chronological age cannot touch and finds beauty in aging, deep love in elder years, and the joy of a mindset that is eager for what’s to come.”—Foreword Reviews?

NEW YORK TIMES BESTSELLER • Read with Jenna Book Club Pick as Featured on Today • From the author of *Daisy Jones & The Six* and *The Seven Husbands of Evelyn Hugo* . . . “Irresistible . . . High drama at the beach, starring four sexy, surfing siblings and their deadbeat, famous-crooner dad.”—People Four famous siblings throw an epic party to celebrate the end of the summer. But over the course of twenty-four hours, the family drama that ensues will change their lives will change forever. Malibu: August 1983. It’s the day of Nina Riva’s annual end-of-summer party, and anticipation is at a fever pitch. Everyone wants to be around the famous Rivas: Nina, the talented surfer and supermodel; brothers Jay and Hud, one a championship surfer, the other a renowned photographer; and their adored baby sister, Kit. Together the siblings are a source of fascination in Malibu and the world over—especially as the offspring of the legendary singer Mick Riva. The only person not looking forward to the party of the year is Nina herself, who never wanted to be the center of attention, and who has also just been very publicly abandoned by her pro tennis player husband. Oh, and maybe Hud—because it is long past time for him to confess something to the brother from whom

he's been inseparable since birth. Jay, on the other hand, is counting the minutes until nightfall, when the girl he can't stop thinking about promised she'll be there. And Kit has a couple secrets of her own—including a guest she invited without consulting anyone. By midnight the party will be completely out of control. By morning, the Riva mansion will have gone up in flames. But before that first spark in the early hours before dawn, the alcohol will flow, the music will play, and the loves and secrets that shaped this family's generations will all come rising to the surface. *Malibu Rising* is a story about one unforgettable night in the life of a family: the night they each have to choose what they will keep from the people who made them . . . and what they will leave behind.

A woman wondering who she really is goes in search of a father she never knew—only to find something far more complicated than she ever expected—in this moving and hopeful novel of self-discovery for readers of *An American Marriage*. Anna is at a stage of her life when she's beginning to wonder who she really is. In her 40s, she has separated from her husband, her daughter is all grown up, and her mother—the only parent who raised her—is dead. Searching through her mother's belongings one day, Anna finds clues about the African father she never knew. His student diaries chronicle his involvement in radical politics in 1970s London. Anna discovers that he eventually became the president—some would say dictator—of a small nation in West Africa. And he is still alive... When Anna decides to track her father down, a journey begins that is disarmingly moving, funny, and fascinating. Like the metaphorical bird that gives the novel its name, *Sankofa* expresses the importance of reaching back to knowledge gained in the past and bringing it into the present to address universal questions of race and belonging, the overseas experience for the African diaspora, and the search for a family's hidden roots. Examining freedom, prejudice, and personal and public inheritance, *Sankofa* is a story for anyone who has ever gone looking for a clear identity or home, and found something more complex in its place.

Leading Gracefully A Woman's Guide to Confident, Authentic & Effective Leadership

Are you done with the mansplaining? Have you been interrupted one too many times? Don't stop talking. Take your voice back. Women's voices aren't being heard—at work, at home, in public, and in every facet of their lives. When they speak up, they're seen as pushy, loud, and too much. When quiet, they're dismissed as meek and mild. Everywhere they turn, they're confronted by the assumptions of a male-dominated world. From the Supreme Court to the conference room to the classroom, women are interrupted far more often than their male counterparts. In the lab, researchers found that female executives who speak more often than their peers are rated 14 percent less competent, while male executives who do the same enjoy a 10 percent competency bump. In *Outspoken*, Veronica Rueckert—a Peabody Award-winning former host at Wisconsin Public Radio, trained opera singer, and communications coach—teaches women to recognize the value of their voices and tap into their inherent power, potential, and capacity for self-expression. Detailing how to communicate in meetings, converse around the dinner table, and dominate political debates, *Outspoken* provides readers with the tools, guidance, and encouragement they need to learn to love their voices and rise to the obligation to share them with the world. *Outspoken* is a substantive yet entertaining analysis of why women still haven't been fully granted the right to speak, and a guide to how we can start changing the culture of silence. Positive, instructive, and supportive, this welcome and much-needed handbook will help reshape the world and make it better for women—and for everyone. It's time to stop shutting up and start speaking out.

In this provocative, touching, and informative book, Maggie Crane shares how the decision to live without hair dye brought her face to face

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with a deep well of underlying fears and questions about being a "mature" woman in a culture obsessed with youth and beauty. --back cover. Leading Gracefully is a must-read for women who want to get to the next level in their career. Through personal stories, interviews of female executives as well as the latest neuroscience research, you will learn how to successfully use 'feminine' strengths combined with traditional traits to breakthrough gender bias to lead with confidence.

"In Stupid things I won't do when I get old, Petro candidly addresses the fears, frustrations, and stereotypes that accompany aging. He offers a blueprint for the new old age, and an understanding that aging and illness are not the same. As he writes, 'I meant the list as a pointed reminder--to me--to make different choices when I eventually cross the threshold to 'old'" -- Excerpt from jacket flap.

In 2016, women still hold a shockingly low 14% of top executive positions in the Fortune 500. Trying to get ahead while operating in a man's world, women continue to face immense challenges, constantly being told how to navigate these treacherous waters in a myriad of ways. Yet the gender gap persists. While working for a tech giant in Silicon Valley, the author was faced with a tough decision--should she lead like her male counterparts or try a different approach? This choice gained her unique insights into how women can break through gender bias and become far more effective as leaders, while helping close the gender gap. In Leading Gracefully, Feminine Leadership expert and executive coach, Monique Tallon, presents neuroscience research that tells us that women's brains are wired for empathy, intuition and collaboration, the same qualities people are looking for in their leaders today. Through her extensive research, she has developed a visionary roadmap for women-The Feminine Leadership Model--that plays squarely to women's strengths. Whether you are a senior level executive, a mid-career manager or just starting out, Leading Gracefully is a must-read for women who want to get to the next level in their career and life. Through personal stories and those of female executives and entrepreneurs from the world of technology, science, retail and non-profits, you will learn how to successfully use 'feminine' strengths combined with traditional traits to breakthrough gender bias. Use it as self-coaching 'how-to' guide, with 15 powerful exercises, tips and resources you can apply right away to gain more confidence, authenticity and effectiveness. Are you ready to be an inclusive leader, fostering innovation and collaboration on the teams and businesses you manage? Are you ready to be a game changer?

A powerful, no-nonsense guide for women that provides them the keys to unlock a fulfilling life. Every woman lives by a code, whether she realizes it or not. It informs how she treats others and herself, how much she expects of herself, and how far she is willing to go in order to find success. But is the code we're living by truly helping us create the lives of purpose and fulfillment we desire? Or are we sacrificing the deeper things for mere achievement? In this inspiring book—updated with new insights from the profound economic and societal shifts that have changed our world with the advent of the global pandemic—Sophia A. Nelson calls women to live out a powerful life code that will lead them to purposeful and successful lives. With the wisdom that comes from experience, Nelson reveals to women: The true meaning of "having it all" How to take better care of their minds, bodies, and souls How to discover new reserves of strength The importance of having courageous conversations to build relationships How to achieve professional excellence without compromising their values How to find lasting love and purpose in life beyond their accomplishments How to navigate the sisterhood of women, to build collaboration rather than competition How to heal from past hurts, rejection, and life's inevitable storms The Woman Code is a way of living, of navigating life's challenges, and of interacting positively with other women. It's a way of pursuing our dreams and our deepest desires. It reveals a universal and timeless set of principles of the mind, body, and spirit that help women balance the demands of work, home, family, and friendship. The Woman Code not only calls on women to practice purpose in their lives, it shows them how to do it with grace.

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A Frenchwoman's advice for how women—and men—of a certain age can enjoy love, sex, and desire in their sixties and seventies and beyond. With wit and a soupçon of irreverence, Marie de Hennezel shows that there is no age limit for erotic joy. Through interviews with countless older French women and men, de Hennezel uncovers a plethora of tips for enjoying a rich and satisfying sex life after age sixty. She suggests that perhaps the most important point is to have a positive self-image—to love yourself—and instead of worrying about wrinkles and other outward signs of aging, to cultivate an inner youthfulness, which, combined with a certain maturity, she says, can be sexier than youth all by itself. It is better to skip the plastic surgery and intense workouts at the gym and focus on sensuality, pleasure, and emotional intimacy instead. Other tips for how to keep that certain *je ne sais quoi* include forgetting about sexual performance, shifting from thinking about the body you have (how it looks in the mirror) to focusing on the body you are (how it feels), and being able to surrender during love and sex. Bringing a sense of humor and a bit of playfulness to the boudoir doesn't hurt either.

From the celebrated author of *The Bird Sisters*, a gorgeously rendered and emotionally charged novel that spans generations, telling the story of two siblings, raised apart, attempting to share a life. It is 1938 when Eveline, a young bride, follows her husband into the wilderness of Minnesota. Though their cabin is rundown, they have a river full of fish, a garden out back, and a new baby boy named Hux. But when Emil leaves to take care of his sick father, the unthinkable happens: a stranger arrives, and Eveline becomes pregnant. She gives the child away, and while Hux grows up hunting and fishing in the woods with his parents, his sister, Naamah, is raised an orphan. Years later, haunted by the knowledge of this forsaken girl, Hux decides to find his sister and bring her home to the cabin. But Naamah, even wilder than the wilderness that surrounds them, may make it impossible for Hux to ever tame her, to ever make up for all that she, and they, have lost. Set before a backdrop of vanishing forest, this is a luminous novel of love, regret, and hope.

From the author of *Happiness for Beginners* comes the instant New York Times bestseller (May 2018), an unforgettable love story about finding joy even in the darkest of circumstances. Margaret Jacobsen is just about to step into the bright future she's worked for so hard and so long: a new dream job, a fiancé she adores, and the promise of a picture-perfect life just around the corner. Then, suddenly, on what should have been one of the happiest days of her life, everything she worked for is taken away in a brief, tumultuous moment. In the hospital and forced to face the possibility that nothing will ever be the same again, Maggie must confront the unthinkable. First there is her fiancé, Chip, who wallows in self-pity while simultaneously expecting to be forgiven. Then, there's her sister Kit, who shows up after pulling a three-year vanishing act. Finally, there's Ian, her physical therapist, the one the nurses said was too tough for her. Ian, who won't let her give in to her pity, and who sees her like no one has seen her before. Sometimes the last thing you want is the one thing you need. Sometimes we all need someone to catch us when we fall. And sometimes love can find us in the least likely place we would ever expect. *How to Walk Away* is Katherine Center at her very best—a masterpiece of a novel that is both hopeful and hilarious; truthful and wise; tender and brave. Praise for *How to Walk Away*: "A heartbreak of a novel that celebrates resilience and strength." —Jill Santopolo, bestselling author of *The Light We Lost* "If you just read one book this year, read *How to Walk Away*." —Nina George, New York Times bestselling author of *The Little Paris Bookshop* "Warm, witty, and wonderfully observed." —Emily Giffin, New York Times bestselling author of *First Comes Love* "Sympathetic and refreshing!" —Elinor Lipman, bestselling author of *The Family Man* "I can't think of a blurb good enough for this novel...poignant, funny, heartbreaking." —Jenny Lawson, bestselling author of *Furiously Happy*

A hundred years ago, women were lacing themselves into corsets and teaching their daughters to do the same. The ideal of the day, however, was inner beauty: a focus on good deeds and a pure heart. Today American women have more social choices and personal

freedom than ever before. But fifty-three percent of our girls are dissatisfied with their bodies by the age of thirteen, and many begin a pattern of weight obsession and dieting as early as eight or nine. Why? In *The Body Project*, historian Joan Jacobs Brumberg answers this question, drawing on diary excerpts and media images from 1830 to the present. Tracing girls' attitudes toward topics ranging from breast size and menstruation to hair, clothing, and cosmetics, she exposes the shift from the Victorian concern with character to our modern focus on outward appearance—in particular, the desire to be model-thin and sexy. Compassionate, insightful, and gracefully written, *The Body Project* explores the gains and losses adolescent girls have inherited since they shed the corset and the ideal of virginity for a new world of sexual freedom and consumerism—a world in which the body is their primary project.

New York Times Bestseller *How feminine values can solve our toughest problems and build a more prosperous future* Among 64,000 people surveyed in thirteen nations, two thirds feel the world would be a better place if men thought more like women. This marks a global trend away from the winner-takes-all, masculine approach to getting things done. Drawing from interviews at innovative organizations in eighteen nations and at Fortune 500 boardrooms, the authors reveal how men and women alike are recognizing significant value in traits commonly associated with women, such as nurturing, cooperation, communication, and sharing. *The Athena Doctrine* shows why femininity is the operating system of 21st century prosperity. Advocates a new way to solve today's toughest problems in business, education, government, and more Based on a landmark survey and results from Young & Rubicam's respected Brand Asset Valuator's global survey, as well as on-the-ground interviews in 18 countries From acclaimed social theorist, consumer expert, and bestselling author, John Gerzema, and award-winning author, Michael D'Antonio Brought to life through real world examples and backed by rigorous data, *The Athena Doctrine* shows how feminine traits are ascending—and bringing success to people and organizations around the world. By nurturing, listening, collaborating and sharing, women and men are solving problems, finding profits, and redefining success in every realm.

“Gripping and timely.” —People “The YA debut we’re most excited for this year.” —Entertainment Weekly “A book that knocks you off your feet while dropping the kind of knowledge that’ll keep you down for the count. Prepare to BE slain.” —Nic Stone, New York Times bestselling author of *Dear Martin* and *Odd One Out* Ready Player One meets *The Hate U Give* in this dynamite debut novel that follows a fierce teen game developer as she battles a real-life troll intent on ruining the Black Panther–inspired video game she created and the safe community it represents for Black gamers. By day, seventeen-year-old Kiera Johnson is an honors student, a math tutor, and one of the only Black kids at Jefferson Academy. But at home, she joins hundreds of thousands of Black gamers who duel worldwide as Nubian personas in the secret multiplayer online role-playing card game, SLAY. No one knows Kiera is the game developer, not her friends, her family, not even her boyfriend, Malcolm, who believes video games are partially responsible for the “downfall of the Black man.” But when a teen in Kansas City is murdered over a dispute in the SLAY world, news of the game reaches mainstream media, and SLAY is labeled a racist, exclusionist, violent hub for thugs and criminals. Even worse, an anonymous troll infiltrates the game, threatening to sue Kiera for “anti-white discrimination.” Driven to save the only world in which she can be herself, Kiera must preserve her secret identity and harness what it means to be unapologetically Black in a world intimidated by Blackness. But can she protect her game without losing herself in the process? Furnishes women with much-needed advice, inspiration, strategies, and guidelines on how to manage effectively, offering lessons in leadership training, team-building tactics, navigating office politics, delegation, and creating one's own corporate culture, along with quizzes, tips, checklists, exercises, and entertaining sidebars. Reprint. 30,000 first printing.

As an expert and professional consultant of culture and language, Ro Elori Cutno conducted a 2 year long global study on the cultures of men

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and women, and the languages of love and sex. MAN LEADS brings global insight, practices, and wisdom to demonstrate clear examples of what a truly loving relationship and family really looks like. According to the 2 year long global study conducted by the title's author, the only way that a relationship is capable of true fulfillment, is when everyone involved agrees that 1 MAN LEADS...Even if woman gracefully and indirectly leads man with her femininity and nurturing touch and sex. This book will drastically change the way you view yourself in relationships. Gaining such a valuable collection of global wisdom will undoubtedly strengthen modern families, teach how to achieve the deep love we all need, sharpen the skills of a masculine man or a feminine woman, and bring much comfort to any person who enjoys embracing traditional roles when it comes to masculine RESPECT and feminine LOVE."

Now is the time... Stop waiting around for the career--and life--that you deserve and start taking the reins! Leading Women shows you how to claim power and respect, conquer your internal barriers, and change the world by helping other women do the same. Featuring stories from twenty nationally acclaimed female leaders, this empowering guide offers real-life advice for breaking free of the predetermined roles in the business world and life. Powerful women such as New York Times bestselling author Marci Shimoff, advocacy leader Gloria Feldt, and Emmy-winning television host Aurea McGarry describe what it's like to go beyond their comfort zones, hold their own in a male-dominated environment, and take control of the situations that keep many women from achieving their goals. From corporate coach Lois Frankel's key ways to becoming a natural and necessary leader to bestselling author M. Bridget Cook-Burch's struggles after years of abuse, their insight will help you embrace your purpose, seize important opportunities, and overcome any obstacle that comes your way. With the guidance of these influential, resourceful leaders, you'll maximize your personal power, exceed your business goals, and establish a network designed to support and celebrate your fellow women. Contributors include: Kristin Andress, Cheryl Benton, Claire Damken Brown, PhD, M. Bridget Cook-Burch, Vivian Diller, PhD, Gloria Feldt, Lois P. Frankel, PhD, Joanna L. Krotz, Aurea McGarry, Lisa Mininni, Shirley Osbourne, Lois Phillips, PhD, Birute Regine, PhD, Linda Rendleman, Marcia Reynolds, PhD, Marci Shimoff, Rebecca Tinsley, Sandra Ford Walston, Michele Willens, and Janet Rose Wojtalik, EdD

'I love Stephanie... She's one of my favourite truth tellers online, she pulls no punches and empowers so many women with her own commitment to equality... This book is going to mean a lot, to a lot of people.' – Jameela Jamil Stephanie Yeboah has experienced racism and fat-phobia throughout her life. From being bullied at school to being objectified and humiliated in her dating life, Stephanie's response to discrimination has always been to change the narrative around body-image and what we see as beautiful. In her debut book, *Fattily Ever After*, Stephanie speaks openly and courageously about her own experience on navigating life as a black, plus-sized woman – telling it how it really is – and how she has managed to find self-acceptance in a world where judgement and discrimination are rife. Featuring stories of every day misogynoir and being fetishized, to navigating the cesspit of online dating and experiencing loneliness, Stephanie shares her thoughts on the treatment of black women throughout history, the marginalisation of black, plus-sized women in the media (even within the body-positivity movement) whilst drawing on wisdom from other black fat liberation champions along the way. Peppered with insightful tips and honest advice and boldly illustrated throughout, this inspiring and powerful book is essential reading for a generation of black, plus-sized women, helping them to live their life openly, unapologetically and with confidence.

From the bestselling author of *P.S., I Love You*, a fiercely feminist story collection that illuminates -- sometimes in fantastical ways -- how women of all kinds navigate the world today. In this singular and imaginative story collection, Cecelia Ahern explores the endless ways in which women blaze through adversity with wit, resourcefulness, and compassion. Ahern takes the familiar aspects of women's lives -- the

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routines, the embarrassments, the desires -- and elevates these moments to the outlandish and hilarious with her astute blend of magical realism and social insight. One woman is tortured by sinister bite marks that appear on her skin; another is swallowed up by the floor during a mortifying presentation; yet another resolves to return and exchange her boring husband at the store where she originally acquired him. The women at the center of this curious universe learn that their reality is shaped not only by how others perceive them, but also how they perceive the power within themselves. By turns sly, whimsical, and affecting, these thirty short stories are a dynamic examination of what it means to be a woman in this very moment. Like women themselves, each story can stand alone; yet together, they have a combined power to shift consciousness, inspire others, and create a multi-voiced Roar that will not be ignored. Includes a Reading Group Guide

A stylishly smart collection of practical advice for the busy modern woman With information on entertaining, etiquette, housekeeping, basic home repair, decorating, sex, and beauty, this indispensable book has everything today's young woman should know-but may not! The Modern Girl's Guide to Life is a collection of all the helpful tips and secrets that get passed on from generation to generation, but many of us have somehow missed. It's full of practical, definitive advice on the basics -- the day-to-day necessities like finding a bra that fits, balancing a checkbook, making a decent cup of coffee, and hemming a pair of pants. Modern Girl guru Jane Buckingham includes loads of savvy counsel to help us feel more refined, in charge, and together as we navigate the rocky terrain that is twenty-first-century womanhood.

A Girl's Guide to being a Lady in Waiting: Does it feel like you're always waiting for your Prince Charming and getting nowhere? Have you ever wondered if you're even ready to meet the love of your life? If you're like many single women in the world, the answers to those questions may be a resounding yes, but they're not the only questions you should be asking yourself. The one question every single woman should ask themselves is: How do I best utilize my time to make sure I'm ready for the love of my life, and more importantly, to ensure he's ready for me? A Girl's Guide to being a Lady in Waiting is the quintessential grown woman's guide to preparing yourself for the next step in your life. This is your time to shine, grow, and absorb the best information you can find that will lead you to a better place in life. From top-notch dating advice to how to tackle your self-esteem issues for good and more, this guide will help you build a bridge from who you are now to the woman you have always dreamed of being.

NEW YORK TIMES BESTSELLER "In her book, Melinda tells the stories of the inspiring people she's met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace." — President Barack Obama "The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what's possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page." — Brené Brown, Ph.D., author of the New York Times #1 bestseller Dare to Lead "Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever." — Malala Yousafzai "Melinda Gates's book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms." — Tara Westover, author of the New York Times #1 bestseller Educated A debut from Melinda Gates, a timely and necessary call to action for women's empowerment. "How can we summon a moment of lift for human beings – and especially for women? Because when you lift up women, you lift up humanity." For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she's learned from the inspiring people

she's met during her work and travels around the world. As she writes in the introduction, "That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live." Melinda's unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another. When we lift others up, they lift us up, too.

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