

# The Confidence Effect Every Womans Guide To The Attitude That Attracts Success

Easy Labor Women in Love The Confidence Effect Permission Slips Necessary Dreams The Power of a Woman's Words Workbook and Study Guide Revolution from Within The Fix A Woman's Guide to Successful Negotiating: How to Convince, Collaborate, & Create Your Way to Agreement The Confidence Effect Invisible Women A Woman's Guide to the Language of Success Sexual Harassment of Women Language and Woman's Place A Room of One's Own A Lab of One's Own Lean In The Confidence Effect The Art Of Seduction The Power of a Woman's Words The Beauty Myth Lean in Women Don't Ask Faith, Family, and Franchise The Confidence Code for Girls Phenomenal Woman A Woman's Guide to Cannabis How Women Decide The Confidence Code Woman's Embodied Self Be Mighty This Is Your Brain on Birth Control Why Do So Many Incompetent Men Become Leaders? The Tapping Solution for Weight Loss & Body Confidence Nice Girls Don't Get the Corner Office The Seven Necessary Sins for Women and Girls The Most Powerful Woman in the Room Is You Perception of Beauty The Game The Feminine Mystique

## Easy Labor

Using various psychological theories, this book examines women's complex relations with their bodies and how attitudes toward the body affect women's sense of self. It also suggests ways to achieve a positive embodied self

## Women in Love

A woman's handbook to demystifying the world of weed, whether it's being used for pain relief, a moment of calm, or a fit of giggles. Women of all ages are using cannabis to feel and look better. For rookies and experienced marijuana users alike, this lively, information-filled book is just the supportive guide you need to find the right dose to relieve anxiety, depression, and inflammation, and mitigate the onset of dementia and other signs of aging. Plus boost moods, ease aches, even lose weight, and get restful sleep. And a dose just for fun? Well, that works, too! Here's how to navigate the typical dispensary, with its overwhelming options of concentrates, edibles, vape pens, and tinctures. Understand the amazing health-giving compounds found in cannabis—THC, CBD, terpenes, and more—and how to use topicals to reduce pain and give your skin a healthy glow. There's even advice on how not to get high but still reap all the amazing health benefits. Plus over twenty recipes, from edibles like Classic Pot Brownies and Netflix and Chill Caramels to self-care products like Radiant Glow Serum and Happy Body Bar.

## **The Confidence Effect**

Expanded and updated for graduates just entering the workforce, a latest edition of a best-selling guide to finding and getting the most out of a first job shares professional advice for résumé writing, recommended interviewing practices and salary negotiation.

## **Permission Slips**

13 Lessons for Couples to Create a Heart-Centered Business Do you want an incredibly rewarding life? You don't have to be born with unlimited resources or a fairy godmother to get it. Let the experts show you how. This comprehensive, straight-talking guide teaches you how to make business and life work for you. Focusing on couples but also relevant to individuals, this book candidly explores the power of faith, family, and franchise and how they will help you succeed. Having walked the walk, handled the business, and been in the grind together, Clint and Deanna bring a wealth of knowledge, as well as years of life, business, entrepreneurship and franchising experience to the table. Now, they want to share everything they know to get you up and running. Get practical wisdom and essential advice on... · Building and running a franchise · How to keep your faith and family intact · Managing the toughest times—including bankruptcy · Franchisee-franchisor relationships · Developing employees · How to find the right franchise and locations · How to succeed in business and life as a couple · Cultivating and sustaining a winning mentality Whether you are thinking about going into business, starting a franchise, looking to be more productive or you have no idea what any of it is all about, this book is for you. It's a win-win. Each real-life lesson is simply designed for you to understand and follow. The scriptural support and exercises will bring clarity of thought and help you navigate the process.

## **Necessary Dreams**

The groundbreaking classic that explores how women can and should negotiate for parity in their workplaces, homes, and beyond When Linda Babcock wanted to know why male graduate students were teaching their own courses while female students were always assigned as assistants, her dean said: "More men ask. The women just don't ask." Drawing on psychology, sociology, economics, and organizational behavior as well as dozens of interviews with men and women in different fields and at all stages in their careers, *Women Don't Ask* explores how our institutions, child-rearing practices, and implicit assumptions discourage women from asking for the opportunities and resources that they have earned and deserve—perpetuating inequalities that are fundamentally unfair and economically unsound. *Women Don't Ask* tells women how to ask, and why they should.

## **The Power of a Woman's Words Workbook and Study Guide**

In this groundbreaking book about how women perceive, are prepared for, and cope with ambition and achievement, psychiatrist Anna Fels examines ambition at the deepest psychological level. Cutting to the core of what ambition can provide—the essential elements of a fulfilling life—Fels describes why, for women but not for men, ambition still remains fraught with often painful conflict. Fels draws on case studies, research, interviews, and autobiographies of accomplished and celebrated women past and present—writers, artists, architects, politicians, actors—to explore the ways in which women are brought up to avoid recognition and visibility in favor of traditional feminine values and why they often choose to nurture and defer to rather than compete with men. She poses invaluable questions: What is the nature of ambition and how important is it in a woman's life? What are the forces that promote or impede its development? To what extent does ambition go against a woman's very nature? And she challenges currently held theories about the state of mind and the needs of men. Incisive and highly readable, *Necessary Dreams* is a unique exploration of the options and obstacles women face in the pursuit of their goals. It is a book that every woman will want—and need—to read.

## **Revolution from Within**

Seizing upon the energy of the #MeToo movement, feminist activist Eltahawy delivers a bold and uncompromising feminist manifesto that shows women and girls how to defy, disrupt, and destroy the patriarchy by embracing the qualities they've been trained to avoid.

## **The Fix**

A riveting memoir-manifesto from the first female director of the National Science Foundation about the entrenched sexism in science, the elaborate detours women have taken to bypass the problem, and how to fix the system. If you think sexism thrives only on Wall Street or in Hollywood, you haven't visited a lab, a science department, a research foundation, or a biotech firm. Rita Colwell is one of the top scientists in America: the groundbreaking microbiologist who discovered how cholera survives between epidemics and the former head of the National Science Foundation. But when she first applied for a graduate fellowship in bacteriology, she was told, "We don't waste fellowships on women." A lack of support from some male superiors would lead her to change her area of study six times before completing her PhD. *A Lab of One's Own* documents all Colwell has seen and heard over her six decades in science, from sexual harassment in the lab to obscure systems blocking women from leading professional organizations or publishing their work. Along the way, she encounters other women pushing back against the status quo, including a group at MIT who revolt when they discover their labs are a fraction of the size of their male colleagues'. Resistance gave female scientists special gifts: forced to change specialties so

many times, they came to see things in a more interdisciplinary way, which turned out to be key to making new discoveries in the twentieth and twenty-first centuries. Colwell would also witness the advances that could be made when men and women worked together—often under her direction, such as when she headed a team that helped to uncover the source of the anthrax used in the 2001 letter attacks. A Lab of One's Own shares the sheer joy a scientist feels when moving toward a breakthrough, and the thrill of uncovering a whole new generation of female pioneers. But it is also the science book for the #MeToo era, offering an astute diagnosis of how to fix the problem of sexism in science—and a celebration of the women pushing back.

## **A Woman's Guide to Successful Negotiating: How to Convince, Collaborate, & Create Your Way to Agreement**

Before you were told to "Lean In," Dr. Lois Frankel told you how to get that corner office. The New York Times bestseller, is now completely revised and updated. In this edition, internationally recognized executive coach Lois P. Frankel reveals a distinctive set of behaviors--over 130 in all--that women learn in girlhood that ultimately sabotage them as adults. She teaches you how to eliminate these unconscious mistakes that could be holding you back and offers invaluable coaching tips that can easily be incorporated into your social and business skills. Stop making "nice girl" errors that can become career pitfalls, such as: Mistake #13: Avoiding office politics. If you don't play the game, you can't possibly win. Mistake #21: Multi-tasking. Just because you can do something, doesn't mean you should do it. Mistake #54: Failure to negotiate. Don't equate negotiation with confrontation. Mistake #70: Inappropriate use of social media. Once it's out there, it's hard to put the toothpaste back in the tube. Mistake #82: Asking permission. Children, not adults, ask for approval. Be direct, be confident.

## **The Confidence Effect**

Contrasts between the relationships of two sisters, Ursula and Gudrun, and their love affairs with Birkin and Gerald.

## **Invisible Women**

You are stronger than your anxiety—you are mighty. In this empowering guide, you'll find practical tools to help you shed the shackles of worry and fear and embrace a more vibrant life. In a culture where women are still paid less for doing the same jobs, expected to juggle family and career effortlessly, and faced with the harsh realities of misogyny and sexism daily, it's no wonder you're also twice as likely to experience issues related to anxiety and trauma. But there are real tools you can use now to build personal resilience in a difficult world, move past anxious thoughts, and conquer your worries and

fears. This book will help guide the way. *Be Mighty* leads you on a bold quest to gain a deeper understanding of your anxiety by exploring your own “origin story”—how your early experiences led to thoughts and behaviors that may have offered comfort and protection at one time, but are now keeping you from living your best life. Using practical tools and experiential exercises based in mindfulness and acceptance and commitment therapy (ACT), you’ll learn to respond to present-day triggers in a new way, making choices from a more conscious, values-driven place. So, drop that outdated armor and dive headlong into this book. You’ll emerge fresh and fierce, with the confidence to stand up for the life you want to live and the power to face life’s complexities as your best, most authentic self. It’s time to be who you truly want to be. It’s time for you to be mighty!

## **A Woman's Guide to the Language of Success**

In October 1928 Virginia Woolf was asked to deliver speeches at Newnham and Girton Colleges on the subject of ‘Women and Fiction’; she spoke about her conviction that ‘a woman must have money and a room of her own if she is to write fiction’. The following year, the two speeches were published as *A Room of One’s Own*, and became one of the foremost feminist texts. Knitted into a polished argument are several threads of great importance – women and learning, writing and poverty – which helped to establish much of feminist thought on the importance of education and money for women’s independence. In the same breath, Woolf brushes aside critics and sends out a call for solidarity and independence – a call which sent ripples well into the next century. ‘Brilliant interweaving of personal experience, imaginative musing and political clarity’ — Kate Mosse, *The Guardian* ‘Probably the most influential piece of non-fictional writing by a woman in this century.’ — Hermione Lee, *The Financial Times*

## **Sexual Harassment of Women**

New York Times Bestseller: “The book that could bring the human race a little closer to rescuing itself” (Naomi Wolf). “Without self-esteem, the only change is an exchange of masters; with it, there is no need for masters.” —Gloria Steinem When trying to find books to give to “the countless brave and smart women I met who didn’t think of themselves as either brave or smart,” Gloria Steinem realized that books either supposed that external political change would cure everything or that internal change would. None linked internal and external change together in a seamless circle of cause and effect, effect and cause. She undertook to write such a book, and ended up transforming herself as well as others. The result of her external plus internal reflection is this bestselling and truly transforming book: part collection of personal stories from her own life and the lives of many others, part revolutionary guide to finding community and inspiration. Steinem finds role models in a very young and uncertain Gandhi as well as unlikely heroes from the streets to history. *Revolution from Within* addresses the core issues of self-authority and unjust external authority, and argues that the first is necessary to transform

the second.

## **Language and Woman's Place**

Which sort of seducer could you be? Siren? Rake? Cold Coquette? Star? Comedian? Charismatic? Or Saint? This book will show you which. Charm, persuasion, the ability to create illusions: these are some of the many dazzling gifts of the Seducer, the compelling figure who is able to manipulate, mislead and give pleasure all at once. When raised to the level of art, seduction, an indirect and subtle form of power, has toppled empires, won elections and enslaved great minds. In this beautiful, sensually designed book, Greene unearths the two sides of seduction: the characters and the process. Discover who you, or your pursuer, most resembles. Learn, too, the pitfalls of the anti-Seducer. Immerse yourself in the twenty-four manoeuvres and strategies of the seductive process, the ritual by which a seducer gains mastery over their target. Understand how to 'Choose the Right Victim', 'Appear to Be an Object of Desire' and 'Confuse Desire and Reality'. In addition, Greene provides instruction on how to identify victims by type. Each fascinating character and each cunning tactic demonstrates a fundamental truth about who we are, and the targets we've become - or hope to win over. *The Art of Seduction* is an indispensable primer on the essence of one of history's greatest weapons and the ultimate power trip. From the internationally bestselling author of *The 48 Laws of Power*, *Mastery*, and *The 33 Strategies Of War*.

## **A Room of One's Own**

International speaker Sharon Jaynes believes that women have incredible power in their sphere of influence with the words they speak. Words are one of the most powerful forces in the universe, and they can be used for good or evil. When God created our world, He did so with words. He said, "Let there be" and it was so. While our words cannot bring into existence things that are not, they do have the power to build courage into a husband's life, instill confidence into a child's heart, fan into flames the dying embers of a friend's smoldering dreams, and draw the lost to Christ. This book is for every woman who desires to use her words to build up rather than tear down, to encourage rather than discourage, to cheer rather than jeer. It is for all who desire to have more control over that mighty force called the tongue.

## **A Lab of One's Own**

Covering topics such as "It's Jesus or Jail," "Marriage, the Hard Way," "Children: The Gift You Can't Give Back," and "All the Things I Don't Know And All the Things I Definitely Do," stand-up comedienne, actress, and ABC's *The View* co-host Sherri Shepherd comically chronicles her struggles to keep up with the many roles-professional, wife, mother, daughter, and friend-that women must play in today's world. Sherri urges women to pursue their most important dreams and to never give up,

but also let's readers know that it's okay to give themselves "permission slips" when things don't always work out the way they want them to. As her many fans know, Sherri is never hesitant to speak from the heart, and her bubbly personality shines through in this delightful autobiography.

## **Lean In**

The authors in this book ask us to consider whether the perception of beauty has been defined by our genetics and culture over the years - has it grown and changed? Do certain neural connections define our emotional reactions to beauty? Does beauty follow any rules or laws? Can the aspiration toward beauty be detrimental? Can we divorce ourselves from dictates and sink into a mindful connection with our internal beauty? Can we move from the superficial where "beauty is only skin deep" to an intense appreciation of beauty in all of its variations. The Perception of Beauty will lead to a deeper understanding and contemplation of nature, art, and the world around us.

## **The Confidence Effect**

The 1975 publication of Robin Tolmach Lakoff's *Language and Woman's Place*, is widely recognized as having inaugurated feminist research on the relationship between language and gender, touching off a remarkable response among language scholars, feminists, and general readers. For the past thirty years, scholars of language and gender have been debating and developing Lakoff's initial observations. Arguing that language is fundamental to gender inequality, Lakoff pointed to two areas in which inequalities can be found: Language used about women, such as the asymmetries between seemingly parallel terms like master and mistress, and language used by women, which places women in a double bind between being appropriately feminine and being fully human. Lakoff's central argument that "women's language" expresses powerlessness triggered a controversy that continues to this day. The revised and expanded edition presents the full text of the original first edition, along with an introduction and annotations by Lakoff in which she reflects on the text a quarter century later and expands on some of the most widely discussed issues it raises. The volume also brings together commentaries from twenty-six leading scholars of language, gender, and sexuality, within linguistics, anthropology, modern languages, education, information sciences, and other disciplines. The commentaries discuss the book's contribution to feminist research on language and explore its ongoing relevance for scholarship in the field. This new edition of *Language and Woman's Place* not only makes available once again the pioneering text of feminist linguistics; just as important, it places the text in the context of contemporary feminist and gender theory for a new generation of readers.

## **The Art Of Seduction**

THE FIRST COMPLETE, COMPREHENSIVE GUIDE TO PAIN RELIEF DURING LABOR AND DELIVERY Far too many expectant mothers find themselves unprepared when labor begins and natural techniques don't effectively manage the pain. This indispensable guide provides reassuring, proven approaches to combining medical and natural techniques to ensure the most comfortable pain-free labor possible. In *Easy Labor*, you'll discover • what to expect during labor, and key factors that affect your comfort • the facts on epidurals, safety concerns, and how effectively they reduce pain • the pros and cons of pain-relief medications • complementary and alternative methods, including water immersion, acupuncture, hypnosis, massage, and birth balls • how your choice of hospital or birth center affects your pain-management options • techniques to calm and eliminate the specific fears and stresses associated with childbirth So relax and enjoy your pregnancy, with this important book by your side! From the Trade Paperback edition.

## **The Power of a Woman's Words**

In this interactive study guide, you will discover the power of words to change the course of a daythe course of a life. Popular author Sharon Jaynes interacts with women of the Bible to uncover the power of a woman's words for good or for ill: How did Rachel's words shape her son's character? How did what Sarai said influence her husband's choices? How did Elizabeth's words boost her friend's confidence? As you look at these Bible women and many others, you will learn how to use the power of words to breathe blessing and right thinking into every situation. This companion to *The Power of a Woman's Words* is perfect for personal or group use.

## **The Beauty Myth**

The #1 international best seller *In Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of *Option B* with Adam Grant. In 2010, she gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to "sit at the table," seek challenges, take risks, and pursue their goals with gusto. *Lean In* continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, *Lean In* is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

## **Lean in**

“An authoritative guide to help women navigate the workplace and their everyday life with greater success and impact” (Forbes). So, you’ve earned a seat at the table. What happens next? We all face hard decisions every day—and the choices we make, and how others perceive them, can be life changing. There are countless books on how to make those tough calls, but *How Women Decide* is the first to examine a much overlooked truth: Men and women reach verdicts differently, and often in surprising ways. Stress? It makes women more focused. Confidence? Caution can lead to stronger resolutions. And despite popular misconceptions, women are just as decisive as men—though they may pay for it. Pulling from the latest science on decision-making, as well as lively stories of real women and their experiences, cognitive scientist Therese Huston teaches us how we can better shape our habits, perceptions, and strategies, not just to make the most of our own opportunities, but to reform the culture and bring out the best results—regardless of who’s behind them.

## **Women Don't Ask**

The bestselling classic that redefined our view of the relationship between beauty and female identity. In today's world, women have more power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty."

## **Faith, Family, and Franchise**

All day, every day, we negotiate: with our friends, spouses, children, boss, customers, and co-workers. *A Woman's Guide to Successful Negotiating* builds on women's innate skills in professional and personal situations. Drawing upon their considerable experience, as a top corporate negotiator and as an investment banker, Lee and Jessica Miller have developed proven strategies, tactics, and techniques that tap into women's abilities to convince, collaborate and create. The authors feature innovative strategies for negotiating with aggressive men and competitive women. The authors also explore the ten common mistakes women make during negotiations and how to avoid making them. In addition, the book will teach you 3 keys to successful negotiating. Whether negotiating for a raise or where to go to dinner with your boyfriend, this book shows you how to get what you want. What others are saying about *A Woman's Guide to Successful Negotiating*: "Breakthrough perspective. Every woman can benefit from this indispensable guide to getting what you want."--Cathleen Black, President, Hearst Magazines "No matter what the situation, this book provides you with the negotiating techniques and the overall confidence to deal with the issue."--Rose Marie Bravo, Chief Executive Officer, Burberry Ltd. "Whether you are in the boardroom or at home with your kids, this book shows you how to get what you want and do it with style."--Lisa

Hall, Chief Operating Officer, Oxygen Media "Lots of practical advice on how to win with a woman's touch."--Jan Hopkins, Anchor, CNN Street Sweep "A useful book for women on the art of negotiating . . . in business, in personal relationships, in every area of life."--Donna Lagani, Publishing Director, Cosmopolitan Group, publisher of Cosmopolitan magazine and CosmoGirl "An invaluable source of wisdom for woman, young and old, who want to take their place in the world."--Christine Baranski, Emmy and Tony Award Winning Actress

## **The Confidence Code for Girls**

### **Phenomenal Woman**

Many women live their lives believing that they can't ask for what they want until they change something they're unhappy with. No promotion until they get new skills. No relationship until they establish their career. No fulfillment until they find love. One of the most common conditions women place on themselves is weight loss—no love until they lose weight, no sex until they lose weight, no happiness until they lose weight. But Jessica Ortner, co-producer of the highly successful documentary on meridian tapping, *The Tapping Solution*, offers women a better choice. Why not lose the weight and create the life you've always dreamt of? As a culture obsessed with weight loss, we all know the latest fads that claim to help us drop pounds instantly. What often isn't discussed is the science behind the issue and how learning to deal with stress can promote and accelerate weight loss. Not only does stress create an overabundance of cortisol that is directly related to abdominal obesity, it also impacts behavior, supporting bad habits, including using food to deal with difficult emotions and painful situations. In this groundbreaking book, Jessica uses tapping to help tackle the stress that leads to weight gain—including the personal stresses of low self-esteem and a lack of confidence. Using her own struggles with weight loss, along with success stories of some of the thousands of women she's worked with, Jessica walks readers through the process of discovering their personal power and self-worth. Her program is based on extensive research into the benefits and success of tapping and the hormones involved in stress and weight gain. In this book she guides readers through a proven process of overcoming their dependency on food. She covers everything from the emotional aspects of overeating and cravings, to how to find joy in exercise, the power of pleasure, and how our families and friends may inadvertently add to the problem. With hope, heart, humor, and science, Jessica weaves a path to a happy, healthy life full of confidence and joy.

### **A Woman's Guide to Cannabis**

Look around your office. Turn on the TV. Incompetent leadership is everywhere, and there's no denying that most of these leaders are men. In this timely and provocative book, Tomas Chamorro-Premuzic asks two powerful questions: Why is it so

easy for incompetent men to become leaders? And why is it so hard for competent people--especially competent women--to advance? Marshaling decades of rigorous research, Chamorro-Premuzic points out that although men make up a majority of leaders, they underperform when compared with female leaders. In fact, most organizations equate leadership potential with a handful of destructive personality traits, like overconfidence and narcissism. In other words, these traits may help someone get selected for a leadership role, but they backfire once the person has the job. When competent women--and men who don't fit the stereotype--are unfairly overlooked, we all suffer the consequences. The result is a deeply flawed system that rewards arrogance rather than humility, and loudness rather than wisdom. There is a better way. With clarity and verve, Chamorro-Premuzic shows us what it really takes to lead and how new systems and processes can help us put the right people in charge.

## **How Women Decide**

Women are told to step up and lean in but how? Every day, talented, hardworking women are passed over for promotions. While it's easy to blame a corporate culture that favors men, seasoned executive Grace Killelea identifies another culprit: a surprising disparity in confidence. Men are prone to overestimate their abilities, while women too often sell themselves short. The Confidence Effect helps women speak out, take risks, and assume leadership positions with assurance. The book moves beyond research and statistics to focus on what's really important: how women can become more confident, one step at a time. Practical strategies show how to turn job competency into the kind of authentic confidence that gets noticed. Women learn to practice the Four Rs of Success--relationships, reputation, results, and resilience--dipping in for tips and tools on how to: Build circles of influence \* Seize opportunities they normally avoid \* Leverage and promote their skills \* Cultivate executive presence \* Use data compellingly \* Bounce back from setbacks \* And more With this powerful new book, women everywhere will find the confidence they need to step off the sidelines onto the playing field--and claim the success they deserve.

## **The Confidence Code**

Think a corporate culture that favors men is the only culprit in the workplace suppressing women? Think again.

## **Woman's Embodied Self**

A collection of beloved poems about women from the iconic Maya Angelou. These four poems, "Phenomenal Woman," "Still I Rise," "Weekend Glory," and "Our Grandmothers," are among the most remembered and acclaimed of Maya Angelou's poems. They celebrate women with a majesty that has inspired and touched the hearts of millions. "Phenomenal Woman" is

a phenomenal poem that speaks to us of where we are as women at the dawn of a new century. In a clear voice, Maya Angelou vividly reminds us of our towering strength and beauty.

## **Be Mighty**

Recounts the adventures of an everyday man who transforms himself from a shy, awkward writer into the quick-witted, smooth-talking Style, a character irresistible to women. But, just when life is better than he could have ever dreamed, he falls head over heels for a woman who can beat him at his own game.

## **This Is Your Brain on Birth Control**

This groundbreaking book sheds light on how hormonal birth control affects women--and the world around them--in ways people are just now beginning to understand.

## **Why Do So Many Incompetent Men Become Leaders?**

Released for the first time in paperback, this landmark social and political volume on feminism is credited with being responsible for raising awareness, liberating both sexes, and triggering major advances in the feminist movement. Reprint.

## **The Tapping Solution for Weight Loss & Body Confidence**

Following the success of *Lean In* and *Why Women Should Rule the World*, the authors of the bestselling *Womenomics* provide an informative and practical guide to understanding the importance of confidence—and learning how to achieve it—for women of all ages and at all stages of their career. Working women today are better educated and more well qualified than ever before. Yet men still predominate in the corporate world. In *The Confidence Code*, Claire Shipman and Katty Kay argue that the key reason is confidence. Combining cutting-edge research in genetics, gender, behavior, and cognition—with examples from their own lives and those of other successful women in politics, media, and business—Kay and Shipman go beyond admonishing women to "lean in." Instead, they offer the inspiration and practical advice women need to close the gap and achieve the careers they want and deserve.

## **Nice Girls Don't Get the Corner Office**

A Woman's Guide to the Language of Success offers step-by-step guidance and powerful techniques you can use to lead, to

succeed, and to make your ideas heard in the workplace - starting today - without compromising your femininity and integrity. This practical, candid guide features dozens of effective exercises and models that will make an immediate difference in your work life. Real-world examples of career women like yourself will educate and inspire you to shed the language of weakness and gain the language of power - not only through the spoken word, but through body language, writing, reading, and listening.

## **The Seven Necessary Sins for Women and Girls**

Data is fundamental to the modern world. From economic development, to healthcare, to education and public policy, we rely on numbers to allocate resources and make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this bias, in time, money, and often with their lives. Celebrated feminist advocate Caroline Criado Perez investigates shocking root cause of gender inequality and research in *Invisible Women*, diving into women's lives at home, the workplace, the public square, the doctor's office, and more. Built on hundreds of studies in the US, the UK, and around the world, and written with energy, wit, and sparkling intelligence, this is a groundbreaking, unforgettable exposé that will change the way you look at the world.

## **The Most Powerful Woman in the Room Is You**

In the vein of #Girlboss and *Nice Girls Don't Get the Corner Office*, discover how to thrive at work from the head of the Global Innovation Coalition for Change at UN Women with this "passionate, practical roadmap for addressing inequality and finally making our workplaces work for women" (Arianna Huffington). For years, we've been telling women that in order to succeed at work, they have to change themselves first—lean in, negotiate like a man, don't act too nice or you'll never get the corner office. But after sixteen years working with major Fortune 500 companies as a gender equality expert, Michelle King has realized one simple truth—the tired advice of fixing women doesn't fix anything. The truth is that workplaces are gendered; they were designed by men for men. Because of this, most organizations unconsciously carry the idea of an "ideal worker," typically a straight, white man who doesn't have to juggle work and family commitments. Based on King's research and exclusive interviews with major companies and thought leaders, *The Fix* reveals why denying the fact that women are held back just because they are women—what she calls gender denial—is the biggest obstacle holding women back at work and outlines the hidden sexism and invisible barriers women encounter at work every day. Women who speak up are seen as pushy. Women who ask for a raise are seen as difficult. Women who spend hours networking don't get the same career benefits as men do. Because women don't look like the ideal worker and can't behave like the ideal worker, they are passed over for promotions, paid less, and pushed out of the workforce, not because they aren't good enough, but

because they aren't men. In this fascinating and empowering book, King outlines the invisible barriers that hold women back at all stages of their careers, and provides readers with a clear set of takeaways to thrive despite the sexist workplace, as they fight for change from within. Gender equality is not about women, and it is not about men—it is about making workplaces work for everyone. Together, we can fix work, not women.

## **Perception of Beauty**

In *The Most Powerful Woman in the Room Is You*, Lydia Fenet takes you on her twenty-year journey from intern to managing director and global head of strategic partnerships at Christie's Auction House. Lydia shares the revolutionary sales approach she has crafted over the years that has not only shaped her career, but helped her raise more than half a billion dollars for nonprofits around the world. This is an approach that will empower you to sell your way to success in business and in life. For example, you'll learn how to create your own "Strike Method" or signature move to help you feel confident entering any situation. Combining case studies and personal stories, Lydia also shares tips from some of the most powerful and successful women in business, fashion, journalism, sports, and the arts. This book will show you how to take your career to the next level, whether it's overcoming your fear of asking for something or bridging a wage gap. Lydia has been there and come back more powerful than ever. Inspiring and encouraging, Lydia's hard-won advice will help you walk into any room with the confidence of a leader and motivate others to find their voice as well. Get ready to embrace your natural strengths, map your career, and take ownership of your life.

## **The Game**

Over the last few decades, research, activity, and funding has been devoted to improving the recruitment, retention, and advancement of women in the fields of science, engineering, and medicine. In recent years the diversity of those participating in these fields, particularly the participation of women, has improved and there are significantly more women entering careers and studying science, engineering, and medicine than ever before. However, as women increasingly enter these fields they face biases and barriers and it is not surprising that sexual harassment is one of these barriers. Over thirty years the incidence of sexual harassment in different industries has held steady, yet now more women are in the workforce and in academia, and in the fields of science, engineering, and medicine (as students and faculty) and so more women are experiencing sexual harassment as they work and learn. Over the last several years, revelations of the sexual harassment experienced by women in the workplace and in academic settings have raised urgent questions about the specific impact of this discriminatory behavior on women and the extent to which it is limiting their careers. *Sexual Harassment of Women* explores the influence of sexual harassment in academia on the career advancement of women in the scientific, technical, and medical workforce. This report reviews the research on the extent to which women in the fields of science, engineering,

and medicine are victimized by sexual harassment and examines the existing information on the extent to which sexual harassment in academia negatively impacts the recruitment, retention, and advancement of women pursuing scientific, engineering, technical, and medical careers. It also identifies and analyzes the policies, strategies and practices that have been the most successful in preventing and addressing sexual harassment in these settings.

## **The Feminine Mystique**

New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of *The Confidence Code* gives girls the essential yet elusive code to becoming bold, brave, and fearless. It's a paradox familiar to parents everywhere: girls are achieving like never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online. Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, *The Confidence Code for Girls* teaches girls to embrace risk, deal with failure, and be their most authentic selves. If you or the girl in your life loved *The Gutsy Girl* or *Rad American Women A-Z*, you'll love this.

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