

# **The Feminine Mistake: Are We Giving Up Too Much**

## **The Feminine Mistake**

Women are constantly being told that it's simply too difficult to balance work and family, so if they don't really \"have to\" work, it's better for their families if they stay home. Not only is this untrue, Leslie Bennetts says, but the arguments in favor of stay-at-home motherhood fail to consider the surprising benefits of work and the unexpected toll of giving it up. It's time, she says, to get the message across -- combining work and family really is the best choice for most women, and it's eminently doable. Bennetts and millions of other working women provide ample proof that there are many different ways to have kids, maintain a challenging career, and have a richly rewarding life as a result. Earning money and being successful not only make women feel great, but when women sacrifice their financial autonomy by quitting their jobs, they become vulnerable to divorce as well as the potential illness, death, or unemployment of their breadwinner husbands. Further, they forfeit the intellectual, emotional, psychological, and even medical benefits of self-sufficiency. The truth is that when women gamble on dependancy, most eventually end up on the wrong side of the odds. In riveting interviews with women from a wide range of backgrounds, Bennetts tells their dramatic stories -- some triumphant, others heartbreaking. *The Feminine Mistake* will inspire women to accept the challenge of figuring out who they are and what they want to do with their lives in addition to raising children. Not since Betty Friedan has anyone offered such an eye-opening and persuasive argument for why women can -- and should -- embrace the joyously complex lives they deserve.

## **Standing Up to Supernanny**

Parenthood, we are told, requires a massive adjustment to our lives, emotions, and relationships, and we have to be taught how to deal with that. But can it really be so bad that we need constant counselling and parenting classes? It is a myth that today's parents are hopeless and lazy: in many ways, we have become too diligent, too hopeful of great outcomes and clear rewards, to the point where we lose ourselves in trying to provide some kind of professional service to our children. The current obsession with perfect parenting increases our insecurity and distrust of each other, and diminishes our authority over our kids. This book is about asking: Why have we invited Supernanny into our living rooms - and how can we kick her out?

## **Opting Out and In**

*Opting Out and In: On women's careers and new lifestyles* introduces a new perspective and definition of opting out that better reflects contemporary issues and lifestyles. The book offers a timely and comprehensive analysis of the phenomenon of women leaving high-powered careers, adding to current debates on opting out. It investigates the themes of globalization, individualization and the age of high modernity and addresses issues of how gender, in the context of what it means to be a mother and career woman in a masculinist society, affects decisions to opt out. In contrast to previous debates, the definition of opting out is broadened to include leaving prevalent masculinist notions of career to adopt alternative ways of working. To better understand the identity issues and inner workings of the women who opt out, opting out is critically examined through three lenses: agency and autonomy; gender, femininity and the maternal; and, finally, concepts of reinvention. These three areas of inquiry all raise and problematize relevant issues that are present in women's lives, and that have a deep and defining effect on concepts of the self. The book includes the narratives of six women, interwoven with in-depth social theory and relevant debates. Written in an engaging and accessible style, *Opting Out and In* will strongly appeal to researchers and practitioners alike,

working in areas such as social theory, globalization, feminist studies and identity studies.

## **The Movement**

A comprehensive and engaging oral history of the decade that defined the feminist movement, including interviews with living icons and unsung heroes—from former Newsweek reporter and author of the “powerful and moving” (New York Times) *Witness to the Revolution*. For lovers of both Barbie and Gloria Steinem, *The Movement* is the first oral history of the decade that built the modern feminist movement. Through the captivating individual voices of the people who lived it, *The Movement* tells the intimate inside story of what it felt like to be at the forefront of the modern feminist crusade, when women rejected thousands of years of custom and demanded the freedom to be who they wanted and needed to be. This engaging history traces women’s awakening, organizing, and agitating between the years of 1963 and 1973, when a decentralized collection of people and events coalesced to create a spontaneous combustion. From Betty Friedan’s *The Feminine Mystique*, to the underground abortion network the Janes, to Shirley Chisholm’s presidential campaign and Billie Jean King’s 1973 battle of the sexes, Bingham artfully weaves together the fragments of that explosion person by person, bringing to life the emotions of this personal, cultural, and political revolution. Artists and politicians, athletes and lawyers, Black and white, *The Movement* brings readers into the rooms where these women insisted on being treated as first class citizens, and in the process, changed the fabric of American life.

## **Kitchen Sink Realisms**

From 1918’s *Tickless Time* through *Waiting for Lefty*, *Death of a Salesman*, *A Streetcar Named Desire*, *A Raisin in the Sun*, and *The Prisoner of Second Avenue* to 2005’s *The Clean House*, domestic labor has figured largely on American stages. No dramatic genre has done more than the one often dismissively dubbed “kitchen sink realism” to both support and contest the idea that the home is naturally women’s sphere. But there is more to the genre than even its supporters suggest. In analyzing kitchen sink realisms, Dorothy Chansky reveals the ways that food preparation, domestic labor, dining, serving, entertaining, and cleanup saturate the lives of dramatic characters and situations even when they do not take center stage. Offering resistant readings that rely on close attention to the particular cultural and semiotic environments in which plays and their audiences operated, she sheds compelling light on the changing debates about women’s roles and the importance of their household labor across lines of class and race in the twentieth century. The story begins just after World War I, as more households were electrified and fewer middle-class housewives could afford to hire maids. In the 1920s, popular mainstream plays staged the plight of women seeking escape from the daily grind; African American playwrights, meanwhile, argued that housework was the least of women’s worries. Plays of the 1930s recognized housework as work to a greater degree than ever before, while during the war years domestic labor was predictably recruited to the war effort—sometimes with gender-bending results. In the famously quiescent and anxious 1950s, critiques of domestic normalcy became common, and African American maids gained a complexity previously reserved for white leading ladies. These critiques proliferated with the re-emergence of feminism as a political movement from the 1960s on. After the turn of the century, the problems and comforts of domestic labor in black and white took center stage. In highlighting these shifts, Chansky brings the real home.

## **Gendered Occupational Differences in Science, Engineering, and Technology Careers**

\“This book provides an overview of women in male dominated fields, specifically in science, engineering, and technology, and examines the contributing factors in this concern\”--Provided by publisher.

## **Pygmalion’s Chisel**

*Pygmalion’s Chisel: For Women Who Are “Never Good Enough,”* by Tracy M. Hallstead, examines the enduring critical presence in contemporary Western culture that scrutinizes, critiques, and sizes women down

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in their daily lives, despite rights gained through the centuries. Pygmalion was the ancient mythical sculptor who believed that all women were essentially flawed. He therefore endeavored to chisel to perfection a statue of a woman he called “Galatea.” Like the perpetually carved and perfected Galatea, women labor under Western culture’s a priori assumption that they are flawed, yet they are often unable to account for the self-criticism and self-doubt that result from this premise. As Hallstead analyzes the culture’s requirements for the perfect woman, she traces how cultural forces permeate women’s personal lives. In calling for solutions, she resurfaces the thinking of historical women who responded, rather than reacted, to the patriarchal culture that devalued them. In engaging these women of the past, whose struggles were eerily similar to our own, Hallstead encourages a responsive feminism that becomes the clear path leading outside Pygmalion’s chamber door.

## **Mediating Moms**

In recent decades, popular culture - from television and film to newspapers, magazines, and best-selling fiction - has focused an enormous amount of attention on mothers. Through feminist, psychoanalytic, sociological, literary, and cultural studies perspectives, the twenty chapters in this book examine an array of current and relevant contemporary topics related to maternal identities such as working, stay-at-home, ambivalent, absent, good, bad, single, teen, elder, celebrity, and lesbian mothers; and issues such as the mommy wars, self-care, pregnancy, abortion, contraception, infanticide, adoption, sex and sexuality, breastfeeding, post-partum depression, fertility, genetics, and reproductive technologies. Contributors from Canada, the United States, Britain, and Australia engage critically and theoretically with stereotypes perpetuated by popular culture media, and chart some of the provocative and liberating ways that we can use and interpret this media to encourage and promote alternative and transformative maternal readings, identities, and practices. *Mediating Moms* looks at mothers as imaged by and in the media; how mothers mediate or negotiate these images according to their historical, corporeal, and lived personhoods; and how scholars mediate the popular and academic discourses of motherhood as a way of registering, strengthening, and alleviating the tensions between representation and reality. *Mediating Moms* engages critically with stereotypes perpetuated by popular culture, while mapping some of the provocative and liberating ways that mothers can use the media to transform and reaffirm their identities. Contributors include Jennifer Bell (Alberta), H. Louise Davis (Miami), Irene Gammel (Ryerson), Nicola Goc (Tasmania), Fiona Joy Green (Winnipeg), Latham Hunter (Mohawk), Joanne Ella Johnson, Hosu Kim (Staten Island), Beth O'Connor (Ontario Ministry of Municipal Affairs and Housing), Debra Langan (Wilfrid Laurier), Sally Mennill (British Columbia), Stuart J. Murray (Ryerson), Kathryn Pallister (Red Deer), Maud Perrier (Bristol), Lenora Perry (Texas), Dominique Russell, Jocelyn Stitt (Minnesota), Stephanie Wardrop (Western New England), Imelda Whelehan (Tasmania).

## **Good Enough Is the New Perfect**

In this updated 10th anniversary edition of Gillespie and Temple’s groundbreaking research, *Good Enough Is the New Perfect* shows that modern mothers really can have it all. The pressure on women is real. We dominate in our jobs while simultaneously juggling the needs of our families and our homes. But what about our own needs? With so many balls in the air, finding balance is harder than ever. The truth is that you can have it all. The secret is creating an “all” that you love. Through their extensive research, Becky Beaupre Gillespie and Hollee Schwartz Temple have discovered a paradigm shift in motherhood: more and more mothers are losing their “never enough” attitude and embracing a “good enough” mindset to be happier, more confident and more fulfilled. With inspiring firsthand accounts from working mothers, *Good Enough Is the New Perfect* is a true roadmap for the incredible balancing act we call motherhood and getting what you really want out of your career, your family and your life. “Most moms I know don’t even want it all. We just want less stress and enough time. But how can we achieve it? [*Good Enough Is the New Perfect*] sheds light on this question.” —The Washington Post

## Healthy American Families

This fascinating book compares progressive and more religiously conservative views and their differing impacts on the health of families. Rejecting the definition of family promulgated by the Religious Right, *Healthy American Families: A Progressive Alternative to the Religious Right* offers an innovative approach to understanding 21st-century families. Proactive rather than reactive, it explores the ways families have changed over the past 200 years and builds on that to elucidate the larger forces that continue to redefine male and female roles and the shape of the modern family unit. Part one of the book shows that the Religious Right's claim that a Golden Age of Families existed when our country began is fallacious. Instead families have been changing since the days of the Puritans. Part two picks up the threads to show how, in the wake of those changes, most of today's families are "healthier" than families at the time of our country's founding. Healthy families, the book asserts, spring from a blend of "conservative" ideals (responsibility and accountability) and "liberal" ideals (innovation and change). The result is "responsible change" that benefits both the individual and society.

## The Problem with Parenting

*The Problem with Parenting* serves as an essential guide to the recent origins and current excesses of American parenting for students, parents, and policy makers interested in the changing role of the family in childrearing. Family scholarship focuses predominately on the evolution of family structure and function, with only passing references to parenting. Researchers who study parenting, however, invariably regard it as a sociological phenomenon with complex motivations rooted in such factors as class, economic instability, and new technologies. This book examines the relationship between changes to the family and the emergence of parenting, defined here as a specific mode of childrearing. It shows how, beginning in the 1970s, the family was transformed from a social unit that functioned as the primary institution for raising children into a vehicle for the nurturing and fulfillment of the self. The book pays special attention to socialization and describes how the change in our understanding of parenthood—from a state of being into the distinct activity of "parenting"—is indicative of a disruption of our ability to transfer key cultural values and norms from one generation to the next.

## What Women Want

*What Women Want* comprehensively analyzes the challenges the feminist movement faces today and puts forward a new policy agenda for women.

## Women who Opt Out

In a much-publicized and much-maligned 2003 New York Times article, *The Opt-Out Revolution*, the journalist Lisa Belkin made the controversial argument that highly educated women who enter the workplace tend to leave upon marrying and having children. *Women Who Opt Out* is a collection of original essays by the leading scholars in the field of work and family research, which takes a multi-disciplinary approach in questioning the basic thesis of the opt-out revolution. The contributors illustrate that the desire to balance both work and family demands continues to be a point of unresolved concern for families and employers alike and women's equity within the workforce still falls behind. Ultimately, they persuasively make the case that most women who leave the workplace are being pushed out by a work environment that is hostile to women, hostile to children, and hostile to the demands of family caregiving, and that small changes in outdated workplace policies regarding scheduling, flexibility, telecommuting and mandatory overtime can lead to important benefits for workers and employers alike.

## Fatal Attraction

Since its famed introduction of the "boiled bunny," *Fatal Attraction* (1987) established itself as one of

American cinema's most controversial films. This insightful new book surveys the film's formal features and its ideological impact, paying special attention to the film's signature mix of sexuality, fear, and family values. Features detailed breakdowns of the formal techniques the film employs to create suspense, such as turning ordinary household objects into agents of terror Considers the film's mixed-genre status as a thriller, melodrama, horror picture, and film noir Offers an explanation and analysis of the cultural storm ignited by the film, especially due to its treatment of single career women Investigates the film's handling of extramarital sexuality, pregnancy, birth control, and AIDS Discusses the film's lasting role in shaping American gender politics

## **The D Word**

Should I stay married for my kids? Does this count as abuse? Why am I so unhappy? What does a healthy relationship even look like? When you're ready for honest answers to these and other questions, *The D Word* shows you how to dig deep and find them—and then move forward into a better, brighter future. From the host of the critically acclaimed *The Divorce Survival Guide Podcast* comes a book that provides the clarity, peace, and answers women need to make empowered decisions about their marriages, break unhealthy patterns, and build the life they truly want. Every year, close to a million women struggle to decide whether to divorce their partners. Some are in relationships they know to be unsalvageable, yet they're terrified that divorce will hurt their kids. Others feel guilt-ridden and confused over their unhappiness with a spouse who seems, to the outside world at least, to be perfectly fine. And then there are those in between, restless and aware of problems that may or may not be fixable, with no idea how to tell the difference. *The D Word* is the definitive yet accessible guide for everyone who wants to take control of their lives, either by ending or repairing their marriage. Written in Kate Anthony's signature straight-talking, empowering style, *The D Word* is more than a practical handbook for those considering divorce. It also reveals how cultural and societal influences negatively affect our relationships and expectations, stacking the odds against women. And it provides a template for confident decision-making and lasting growth and change—whether readers choose to stay in a marriage or leave it.

## **Woman**

A comprehensive history of the struggle to define womanhood in America, from the seventeenth to the twenty-first century “An intelligently provocative, vital reading experience. . . . This highly readable, inclusive, and deeply researched book will appeal to scholars of women and gender studies as well as anyone seeking to understand the historical patterns that misogyny has etched across every era of American culture.”—*Kirkus Reviews* “A comprehensive and lucid overview of the ongoing campaign to free women from ‘the tyranny of old notions.’”—*Publishers Weekly* What does it mean to be a “woman” in America? Award-winning gender and sexuality scholar Lillian Faderman traces the evolution of the meaning from Puritan ideas of God's plan for women to the sexual revolution of the 1960s and its reversals to the impact of such recent events as #metoo, the appointment of Amy Coney Barrett to the Supreme Court, the election of Kamala Harris as vice president, and the transgender movement. This wide-ranging 400-year history chronicles conflicts, retreats, defeats, and hard-won victories in both the private and the public sectors and shines a light on the often-overlooked battles of enslaved women and women leaders in tribal nations. Noting that every attempt to cement a particular definition of “woman” has been met with resistance, Faderman also shows that successful challenges to the status quo are often short-lived. As she underlines, the idea of womanhood in America continues to be contested.

## **The Ambition Decisions**

\“These are the 'know your value' conversations that we need to have. These women--their challenges, choices, and successes--are all of us.\” --Mika Brzezinski Over the last sixty years, women's lives have transformed radically from generation to generation. Without a template to follow--a way to peek into the future to catch a glimpse of what leaving this job or marrying that person might mean to us decades from

now--women make important decisions blindly, groping for a way forward, winging it, and hoping it all works out. As they faced unexpectedly fraught decisions about their own lives, journalists Hana Schank and Elizabeth Wallace found themselves wondering about the women they'd graduated alongside. What happened to these women who seemed set to reap the rewards of second-wave feminism, on the brink of taking over the world? Where did their ambition lead them? So they tracked down their classmates and, over several hundred hours of interviews, gathered and mapped data about real women's lives that has been missing from our conversations about women and the workplace. Whether you're deciding if you should pass up a promotion in favor of more flex time, planning when to get pregnant, or wondering what the ramifications are of being the only person in your house who ever unloads the dishwasher, *The Ambition Decisions* is a guide to the changes that may seem arbitrary but are life defining, by women who've been there. Organized by theme, each chapter draws on real women's stories of facing down crisis, transition, and decision-making to illustrate broader trends Schank and Wallace observed. Each chapter wraps up with a useful bulleted list of questions to consider and tips to integrate that will guide women of all ages along the way to finding purpose and passion in work and life.

## **Primates of Park Avenue**

"Like an urban Dian Fossey, Wednesday Martin decodes the primate social behaviors of Upper East Side mothers in a brilliantly original and witty memoir about her adventures assimilating into that most secretive and elite tribe. After marrying a man from the Upper East Side and moving to the neighborhood, Wednesday Martin struggled to fit in. Drawing on her background in anthropology and primatology, she tried looking at her new world through that lens, and suddenly things fell into place. She understood the other mothers' snobbiness at school drop-off when she compared them to olive baboons. Her obsessional quest for a Hermes Birkin handbag made sense when she realized other females wielded them to establish dominance in their troop. And so she analyzed tribal migration patterns; display rituals; physical adornment, mutilation, and mating practices; extra-pair copulation; and more. Her conclusions are smart, thought-provoking, and hilariously unexpected. Every city has its Upper East Side, and in Wednesday's memoir, readers everywhere will recognize the strange cultural codes of powerful social hierarchies and the compelling desire to climb them. They will also see that Upper East Side mothers want the same things for their children that all mothers want--safety, happiness, and success--and not even sky-high penthouses and chauffeured SUVs can protect this ecologically released tribe from the universal experiences of anxiety and loss. When Wednesday's life turns upside down, she learns how deep the bonds of female friendship really are. Intelligent, funny, and heartfelt, *Primates of Park Avenue* lifts a veil on a secret, elite world within a world--the exotic, fascinating, and strangely familiar culture of privileged Manhattan motherhood"--

## **Smart Girls Marry Money**

Why does society applaud a girl who falls for a guy's "big blue eyes" yet denounces one who chooses a man with a "big green bankroll"? After all, isn't earning power more a reflection of a man's values and character? *Smart Girls Marry Money* challenges the ideals and assumptions women have blindly accepted about love and marriage -- and shows how they've done so at their own economic peril. In this brazen manifesto, authors Elizabeth Ford and Daniela Drake use cold hard facts, real science, and true stories to present a compelling case for why mercenary marriages make the most sense for future happiness. *Smart Girls* taps into a growing, collective suspicion that the post-feminist world isn't all it's cracked up to be. Female "empowerment" has women working hard to look sexier than ever, while carrying more than their fair share financially. Yet sadly, statistics prove that: not only do women continue to earn far less than their male counterparts, they also suffer far more economically when marriages fail. Ford and Drake think it's high time that women get their heads out of the clouds and start caring about their own security -- the kind that can be measured in dollars and common sense. With an irreverent, straight-talk tone, the authors serve up a sound case and intriguing strategy for how women can truly "have it all." Sure to spark conversation and controversy, *Smart Girls Marry Money* will ultimately empower women with a new way to take control of both their economic and romantic lives.

## Grandparents in a Digital Age

This book investigates the changing culture of grandparenting. Depending on the group, the period, and the family, grandparents have been powerful patriarchs and matriarchs, reliable second parents, dependents, burdens, or community figures. The book examines the history of grandparenting and the changing depiction of grandparent culture from “old” to “hip,” including the development of the celebrity grandparent, the emergence of media technologies that allow for new communication and relationships between grandparents and their grandchildren, new rituals associated with grandparenting, the growth of the marketing of grandparenting as a new stage of life, and the impact on our culture of the commodification of grandparenting. Prior to the twentieth century, within the United States the idea of the modern grandparent likely did not even exist. Many people did not live long enough to reach the grandparent stage of life. Today, people are living longer, and grandparenting is occupying a longer phase in one’s life. Grandparenting is becoming its own life stage, where new rituals exclusive to grandparents are emerging. Newer technologies, such as Skype, Google Hangout and FaceTime, allow grandparents who are far away to establish relationships with their children. Many grandparents also use social media and blogs to chronicle their experiences. Some grandparents have turned their grandparent lifestyle into a business. The representation of grandparenting in popular culture is shifting as well. Grandparents are becoming their own figures on television and film programs, including reality shows. Others have been thrust into the public eye across social media. Marketers have realized the power of this new consumer subgroup and have begun to direct marketing campaigns to grandparents. Yet, despite the pervasive images of grandparents, some of which present empowered figures, grandparent representation in popular media continues to mimic many of the stereotypes commonly associated with aging, encouraging people to laugh at versus laugh with these figures. *The Third Act: Grandparenting in a Digital Age* examines grandparenting through history, interviews, and popular culture to study the changing image of grandparents in society.

## Girls Without Limits

“You just don’t understand!” If adolescent girls agree on one thing, it’s that adults don’t “get” what’s going on in their lives. Friendship drama, self-image, grades, dating, fear of failure—these pressures impose limits. So what can you do? How can you ensure each and every girl lives up to her potential? “Be the adult who does understand,” says Dr. Lisa Hinkelman. In *Girls Without Limits*, you’ll gain new insight on how to understand the unique challenges girls face when dealing with social pressure, body image, boy trouble, academics, and career choices. Help girls develop skills and competencies to deal with these challenges. Empower girls to confront negative societal expectations and make healthy, positive decisions. Combining relevant research with revealing real-life stories and action strategies, *Girls Without Limits* will help you become a positive force in girls’ lives in any capacity: as a teacher, counselor, advisor, or parent. “As the national director of a counseling program which impacts over 40,000 students, I will encourage each of my counselors to read Dr. Hinkelman’s book.” —Tisha Green-Rinker, National Director of Counseling Connections Education “As an educator, a coach, a mentor, and a father, the insights and strategies afforded here provide powerful tools to best support the efforts of the young women with whom I have the rich occasion to work.” —Gregory Hodges, Director of International Learning Trinity College School, Port Hope, ON “Thank you, Lisa Hinkelman, for your inspiration, education, and energy on such a powerful subject.” —Cindy Monroe, CEO of Thirty-One Gifts

## Family Stress Management

The Third Edition of *Family Stress Management* by Pauline Boss, Chalandra M. Bryant, and Jay A. Mancini continues its original commitment to recognize both the external and internal contexts in which distressed families find themselves. With its hallmark Contextual Model of Family Stress (CMFS), the Third Edition provides practitioners and researchers with a useful framework to understand and help distressed individuals, couples, and families. The example of a universal stressor—a death in the family—highlights cultural differences in ways of coping. Throughout, there is new emphasis on diversity and the nuances of family

stress management—such as ambiguous loss—plus new discussions on family resilience and community as resources for support.

## **Opting Back In**

Interrupting a professional career is, for women who opt out, a conflicted decision of last resort. Most women envision returning to the labor force even as they leave it. But can they? Drawing on unique research that follows up women first interviewed for *Opting Out?*, this book profiles the efforts of a group of high-achieving women to go back to work. The good news is that these women, who are able to draw on considerable resources, are successful. The bad news is that they face cross pressures of class and gender that create what we call the paradox of privilege, which reinforces gender inequality in the family and workplace and results in re-entry strategies that either marginalize them as contingent workers or, for the sizeable fraction who radically reinvent themselves, segregate them in female-dominated fields. The book offers an in-depth look at the pressures high-potential women face as they struggle with the mixed signals of their class privilege - promise compromised by patriarchy - and offers up-close and personal insights in to how the twin pillars of gender inequality - the leadership and wage gaps - are created and maintained by the very women expected to transcend them. -- Provided by publisher.

## **Lean In for Graduates**

The perfect graduation gift: the iconic #1 best seller, expanded and updated exclusively for graduates entering the workforce This extraordinary edition of *Lean In* includes a letter to graduates and six additional chapters from experts offering advice on finding and getting the most out of a first job; résumé writing; best interviewing practices; negotiating your salary; listening to your inner voice; owning who you are; and leaning in for millennial men. The original edition of Sheryl Sandberg's *Lean In* became a massive cultural phenomenon and its title became an instant catchphrase for empowering women. The book soared to the top of best-seller lists both nationally and internationally, igniting global conversations about women and ambition. This enhanced edition provides the entire text of the original book updated with more recent statistics and features a passionate letter from Sandberg encouraging graduates to find and commit to work they love. A combination of inspiration and practical advice, this new edition will speak directly to graduates and, like the original, change lives. New Material for the Graduates Edition: · A Letter to Graduates from Sheryl Sandberg, COO of Meta (previously called Facebook) from 2008-2022 · Find Your First Job, by Mindy Levy (Levy has more than twenty years of experience in all phases of organizational management and holds degrees from Wharton and Penn) · Negotiate Your Salary, by Kim Keating (Keating is the founder and managing director of Keating Advisors) · Man Up: Millennial Men and Equality, by Kunal Modi (Modi is a consultant at McKinsey & Company and a recent graduate of the Harvard Kennedy School and Harvard Business School) · Let's Lean In Together, by Rachel Thomas (Thomas is the president of The Sheryl Sandberg & Dave Goldberg Family Foundation) · Own Who You Are, by Mellody Hobson (Hobson is the president of Ariel Investments) · Listen to Your Inner Voice, by Rachel Simmons (Simmons is cofounder of the Girls Leadership Institute) · 12 *Lean In* stories, short essays by readers around the world who have been inspired by Sandberg

## **Practice Management, An Issue of Veterinary Clinics of North America: Small Animal Practice, E-Book**

In this issue of *Veterinary Clinics: Small Animal Practice*, guest editor Dr. Peter Weinstein brings his considerable expertise to the topic of Practice Management. Operating a successful small animal veterinary practice requires wide-ranging knowledge and familiarity with a multitude of issues. In this issue, top experts provide resources that help readers better understand the business of veterinary practice and the tools to help them decide to own a hospital, manage a practice, or more effectively lead a practice that they already own. - Contains 16 relevant, practice-oriented topics including what the future of veterinary practice looks like; digital marketing and social media; optimal team utilization leads to team retention; top ten practice



management mistakes; workplace culture; and more. - Provides in-depth clinical reviews on practice management, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

## **What's the Alternative?**

As the global information economy grows, librarians who are able to retool and transfer their skills are finding themselves increasingly in demand. Here, Rachel Singer Gordon explains the dynamics of the shifting market for information-based work, reveals a range of nontraditional employment opportunities for librarians, and encourages info pros to utilize their skills in new and exciting ways. Mixing practical advice with real-life stories of librarians working in various fields, Gordon provides a wealth of useful ideas and resources for info pros rethinking their career paths. Whether you're a recent library school grad facing a tight job market, a working librarian seeking improved work/life balance, or an info pro with an entrepreneurial streak, *What's the Alternative?* will help you explore your options and maximize your career potential.

## **For the Family?**

In the contentious debate about women and work, conventional wisdom holds that middle-class women can decide if they work, while working-class women need to work. Yet, even after the recent economic crisis, middle-class women are more likely to work than working-class women. Sarah Damaske deflates the myth that financial needs dictate if women work, revealing that financial resources make it easier for women to remain at work and not easier to leave it. Departing from mainstream research, Damaske finds three main employment patterns: steady, pulled back, and interrupted. She discovers that middle-class women are more likely to remain steadily at work and working-class women more likely to experience multiple bouts of unemployment. She argues that the public debate is wrongly centered on need because women respond to pressure to be selfless mothers and emphasize family need as the reason for their work choices. Whether the decision is to stay home or go to work, women from all classes say work decisions are made for their families. In *For the Family?*, Sarah Damaske at last provides a far more nuanced and richer picture of women, work, and class than the one commonly drawn.

## **Mojo Mom**

Read Amy Tiemann's posts on the Penguin Blog. **MOJO MOM** helps you answer the question, "Who Am I Now that I'm A Mom?" What is Mommy Mojo? It's the feeling you get when you're a parent at the top of your game, juggling the kids and the many facets of life, and keeping your own needs in balance. Motherhood is a tremendous gift, but it's also a huge identity shift. Becoming a Mojo Mom means bringing your self and your dreams back into focus, while still giving your family the loving attention it needs. It may sound like a fantasy, but it can be done. Mojo Mom shows women practical ways to: \*Prepare to become a Mom without losing your identity \*Survive and enjoy the intense early years \*Save some of your best energy and creativity for your own ideas and dreams \*Reenter the workplace or take on a new path with confidence and ease \*Learn the key elements to the long-term success of your marriage \*Become a Naptime Activist-and change the world in just an hour a week \*Rise above the "Mommy Wars" between stay-at-home and working moms \*Use motherhood as an opportunity for reinvention Getting your mojo back is not just another item for your to-do list-it's your right. Amy Tiemann, MomsRising.org executive team member and founder of MojoMom.com, will help every woman explore her true self.

## **Women, Work, and Autoimmune Disease**

*Women, Work, and Autoimmune Disease* is a book for women who live with chronic illness, encouraging them to stay employed to preserve their independence and sense of self. Rich with information and inspiration, it is the voice of warmth, wisdom, understanding, and compassion. Filled with tips, tricks and

first-person accounts from women who have made similar choices in their own lives, this unique book is a resounding call for self-reliance and resilience. The book identifies the factors that making working particularly difficult for women with autoimmune disease, and then offers practical suggestions to address them. The authors take a hard, yet inspirational look at what it takes to be successful in a job, including developing strategies and tactics, evaluating communication skills, building a support team and considerations for self-employment. *Women, Work, and Autoimmune Disease* covers issues such as: The complex nature of autoimmune disease The correlation between disease, diagnosis, and career development How life-changing strategies and concrete tactics can allow you to discover the spirit within

## **Cultures of Servitude**

Employers and servants in Kolkata reveal through their own stories how their evolving culture of servitude has produced, preserved, and disrupted ideas of gender and class in India and beyond.

## **Ready**

Over the past three decades, skyrocketing numbers of women have chosen to start their families in their late thirties and early forties. In 2005, ten times as many women had their first child between the ages of 35 and 39 as in 1975, and thirteen times as many had their first between 40 and 44. Women now have the option to define for themselves when they're ready for family, rather than sticking to a schedule set by social convention. As a society, however, we have yet to come to terms with the phenomenon of later motherhood, and women who decide it makes sense for them to delay pregnancy often find themselves confronted with alarmist warnings about the dangers of waiting too long. In *Ready*, Elizabeth Gregory tracks the burgeoning trend of new later motherhood and demonstrates that for many women today, waiting for family works best. She provides compelling evidence of the benefits of having children later -- by birth or by adoption. Gregory reveals that large numbers of women succeed in having children between 35 and 44 by the usual means (one in seven kids born today has a mom in that age range), and that many of those who don't succeed nonetheless find alternate routes to happy families via egg donation or adoption. And they're glad they waited. Without ignoring the complexities that older women may face in their quest to have children, Gregory reveals the many advantages of waiting: Stronger family focus: Having achieved many of their personal and career goals, new later moms feel ready to focus on family rather than trying to juggle priorities More financial power: New later moms have established careers and make higher salaries Greater self-confidence: New later moms have more career experience, and their management skills translate directly into managing a household and advocating for their children More stable single-parenting: New later moms who are single have more resources High marriage rate: On average, 85 percent of new later moms are married, lending stability to the family structure Longer lives: Evidence indicates that new later moms actually live longer than moms who start their families earlier Based on in-depth interviews with more than 100 new later moms and extensive collateral research, *Ready* shatters the myths surrounding later motherhood. Drawing on both the statistical evidence and the voices of the new later mothers themselves, Gregory delivers surprising and welcome news that will revolutionize the way we think about motherhood.

## **The Nine Phases of Marriage**

From the author of *Toxic Friends*-a groundbreaking look at how to understand your marriage and create a more satisfying relationship Every marriage goes through nine phases. It is only by understanding the course our marriages run that we can truly begin to craft the perfect relationship. In *The Nine Phases of Marriage*, Susan Shapiro Barash breaks down and analyzes these phases, which are: - Phase One: Passion and Longing - Phase Two: Conforming: The Perfect Wife - Phase Three: Real Life: Child Centricity - Phase Four: Tension: One Bed: Two Dreams - Phase Five: Distance: Two Beds: Two Rooms - Phase Six: Fracturing: Midlife Divorce - Phase Seven: Second Chances: Remarriage and Renegotiating - Phase Eight: Balance: Concessions - Phase Nine: Successful Coupling With this essential knowledge, spouses can successfully navigate the natural pitfalls and perils of their marriages and embark on a true partnership.

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## **Great Feminist Denial**

What the hell happened? In *The Great Feminist Denial* the authors talk with women—feminists and non-feminists, young and old, famous and not famous, child-free and with child—and use their responses as a starting point from which to refocus the key debates. Dux and Simic argue that, ultimately, feminism is still necessary for everyday life. Even the most cursory glimpse at the social and cultural landscape suggests an urgent need for a politics that identifies inequalities, differences and strengths specific to women as a sex. *The Great Feminist Denial* puts an ailing feminist past to rest, and proposes a way forward that offers young women of today a new way of calling themselves feminists.

## **The Motherhood Business**

The essays in *The Motherhood Business* examine how consumer culture both constrains and empowers contemporary motherhood. The collection demonstrates that the logic of consumerism and entrepreneurship has redefined both the experience of mothering and the marketplace.

## **Glass Ceilings and 100-hour Couples**

When significant numbers of college-educated American women began, in the early twenty-first century, to leave paid work to become stay-at-home mothers, an emotionally charged national debate erupted. Karine Moe and Dianna Shandy, a professional economist and an anthropologist, respectively, decided to step back from the sometimes overheated rhetoric around the so-called mommy wars. They wondered what really inspired women to opt out, and they wanted to gauge the phenomenon's genuine repercussions. *Glass Ceilings and 100-Hour Couples* is the fruit of their investigation—a rigorous, accessible, and sympathetic reckoning with this hot-button issue in contemporary life. Drawing on hundreds of interviews from around the country, original survey research, and national labor force data, Moe and Shandy refocus the discussion of women who opt out from one where they are the object of scrutiny to one where their aspirations and struggles tell us about the far broader swath of American women who continue to juggle paid work and family. Moe and Shandy examine the many pressures that influence a woman's decision to resign, reduce, or reorient her career. These include the mismatch between child-care options and workplace demands, the fact that these women married men with demanding careers, the professionalization of stay-at-home motherhood, and broad failures in public policy. But Moe and Shandy are equally attentive to the resilience of women in the face of life decisions that might otherwise threaten their sense of self-worth. Moe and Shandy find, for instance, that women who have downsized their careers stress the value of social networks—of “running with a pack of smart women” who've also chosen to emphasize motherhood over paid work.

## **The Unfinished Revolution**

The vast changes in family life have often been blamed for declining morality and unhappy children. Drawing upon pioneering research with the children of the gender revolution, Kathleen Gerson reveals that it is not a lack of family values, but rigid social and economic forces that make it difficult to live out those values. *The Unfinished Revolution* makes clear recommendations for a new flexibility at work and at home that benefits families, encourages a thriving economy, and helps women and men integrate love and work.

## **Women at the Top**

Using case studies of top-level women and research in the field, *Women at the Top* breaks new ground and offers new insight into how women can create dually-successful lives. explores the work histories, motivation, leadership styles, mentors, and family backgrounds of a diverse assortment of top-level women includes the case studies of the President of Old Navy/Gap, the Chairman of Deloitte and Touche, the VP of IBM operations, a Supreme Court Judge in China, President of Legislative Council in Hong Kong, several university presidents, and more weighs the positive effects of multiple roles and positive and negative work-life spill over discusses strategies for success (e.g., scaling back, juggling), the need for social support, and the importance of cultural context

## **The XX Factor**

Noted British academic and journalist Alison Wolf offers a surprising and thoughtful study of the professional elite, and examines the causes—and limits—of women's rise and the consequences of their difficult choices. The gender gap is closing. Today, for the first time in history, tens of millions of women are spending more time at the boardroom table than the kitchen table. These professional women are highly ambitious and highly educated, enjoying the same lifestyle prerogatives as their male counterparts. They are working longer and marrying later—if they marry at all. They are heading Fortune 500 companies and appearing on the covers of *Forbes* and *Businessweek*. They represent a special type of working woman—the kind who doesn't just punch a clock for a paycheck, but derives self-worth and pleasure from wielding professional power. At the same time that the gender gap is narrowing, the gulf is widening among women themselves. While blockbuster books such as *Lean In* focus only on women in high pressure jobs, in reality there are four women in traditionally female roles for every Sheryl Sandberg. In this revealing and deeply intelligent book, Alison Wolf examines why more educated women work longer hours, why having children early is a good idea, and how feminism created a less equal world. Her ideas are sure to provoke and surprise, as she challenges much of what the liberal and conservative media consider to be women's best interests.

## **Working in the Wings**

Theatre has long been an art form of subterfuge and concealment. *Working in the Wings: New Perspectives on Theatre History and Labor*, edited by Elizabeth A. Osborne and Christine Woodworth, brings attention to what goes on behind the scenes, challenging, and revising our understanding of work, theatre, and history. Essays consider a range of historic moments and geographic locations—from African Americans' performance of the cakewalk in Florida's resort hotels during the Gilded Age to the UAW Union Theatre and striking automobile workers in post-World War II Detroit, to the struggle in the latter part of the twentieth century to finish an adaptation of *Moby Dick* for the stage before the memory of creator Rinde Eckert failed. Contributors incorporate methodologies and theories from fields as diverse as theatre history, work studies, legal studies, economics, and literature and draw on traditional archival materials, including performance texts and architectural structures, as well as less tangible material traces of stagecraft. *Working in the Wings* looks at the ways in which workers' identities are shaped, influenced, and dictated by what they do; the traces left behind by workers whose contributions have been overwritten; the intersections between the sometimes repetitive and sometimes destructive process of creation and the end result—the play or performance; and the ways in which theatre affects the popular imagination. This collected volume draws attention to the

significance of work in the theatre, encouraging a fresh examination of this important subject in the history of the theatre and beyond.

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