

Nice Girls Don T Get The Corner Office 101 Unconscious Mistakes Women Make That Sabotage Their Careers

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Women Don't Ask - Linda Babcock 2021-01-05

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.

Nice girls don't get the corner office - Lois P.

Frankel 2019

Trust Yourself - Melody Wilding LMSW
2021-05-04

Are you a Sensitive Striver? Learn how to get out of your own way and rediscover your sensitivity as a superpower. ___ Highly sensitive and high performing? ___ Need time to think through decisions before you act? ___ Judge yourself harshly when you make mistakes? ___ Take feedback and criticism personally? ___ Find it difficult to set boundaries? It's time to Trust Yourself. Being highly attuned to your emotions, your environment, and the behavior of others can be the keys to success, but they can also lead to overthinking everything and burnout. Human behavior expert and executive coach Melody Wilding, LMSW has spent the past ten years working with Sensitive Strivers like you. In this groundbreaking book, she draws on decades of research and client work to examine the intersection of sensitivity and achievement in the

workplace and offer neuroscience-based strategies you can use to reclaim control of your life and reach your full potential. Trust Yourself offers concrete steps to help you break free from stress, perfectionism, and self-doubt so you can find the confidence to work and lead effectively. You will learn how to:

- Achieve confidence and overcome imposter syndrome.
- Find your voice to speak and act with assertiveness.
- Build resilience and bounce back from setbacks.
- Enjoy your success without sacrificing your well-being.

If you're an empathetic, driven person trying to navigate your career and learn how to believe in yourself in the process, Trust Yourself offers the mindset and tools to set you on the path to personal and professional fulfillment. The perfect book for:

- Those who identify as highly sensitive
- Anyone who overthinks or struggles with work stress and burnout
- Corporate professionals of all levels
- Managers, leaders, and executives
- Life, career, and leadership coaches

The Fix - Michelle P. King 2020-03-03

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.

Nice Girls Don't Date Dead Men - Molly Harper
2009-08-25

Following *Nice Girls Don't Have Fangs*, the second in a hilarious, smart, sexy romantic series about an out-of-work librarian who is turned into a vampire. With her best friend Zeb's Titanic-themed wedding looming ahead, new vampire Jane Jameson struggles to develop her budding relationship with her enigmatic sire, Gabriel. It seems unfair that she's expected to master undead dating while dealing with a groom heading for a nuptial nervous breakdown, his hostile werewolf in-laws, and the ugliest bridesmaid dress in the history of marriage. Meanwhile, the passing of Jane's future step-grandpa puts Grandma Ruthie back on the market. Her new fiancé, Wilbur, has his own history of suspiciously dead spouses, and he may or may not have died ten years ago. Half-Moon

Hollow's own Black Widow has finally met her match. Should Jane warn her grandmother of Wilbur's marital habits or let things run their course? Will Jane always be an undead bridesmaid, never the undead bride? Combining Mary Janice Davidson's sass and the charm of Charlaine Harris's Sookie Stackhouse novels, this is an incredibly satisfying read for fans of paranormal romantic comedy.

[Nice Girls Don't Speak Up or Stand Out](#) - Lois P. Frankel 2020-06-16

Discover the "must-listen for every smart, capable woman who wants to succeed"-a guide on how to communicate with maximum impact in the workplace that's the new book in the New York Times bestselling Nice Girls Don't series (Anne Fisher, Fortune.com). How many times have you asked yourself why you didn't speak up in a meeting? Or pushed for the raise you deserved? Or agreed to take on someone else's task because you didn't want to rock the boat? Whether the answer is once or ten times or

more, the reason is the same: It's because you're a nice girl who goes along to get along. But staying quiet and being ignored are not paths to achievement. Now, in *Nice Girls Don't Speak Up or Stand Out*, Dr. Lois Frankel shows you how to be an effective communicator and advocate for yourself. From the basics of speaking up to navigating sticky situations and mastering the art of influencing others, this audiobook provides step-by-step advice using real-life examples and powerful tools such as: Be a broken record Choose powerful word Never say no Enlist advocates And many more -- in bonus materials for extra tools in your pocket Dr. Frankel chose the format of this new audio-first work carefully, with the mission of creating an interactive and impactful listen, interweaved with actionable recommendations, real-life anecdotes, and concrete examples of not only what to say in various scenarios, but how to say it. *Nice Girls Don't Speak Up or Stand Out* dives deeply into nearly one hundred everyday

challenges women face related to communication. With Dr. Lois Frankel as your guide, you can learn how to express yourself confidently, courageously, and clearly -- and start taking charge of your career.

Hardball for Women - Pat Heim 2015-03-31

The bestselling guide fully updated for the post-Lean In era For nearly two decades, Hardball for Women has shown women how to get ahead in the business world. Whether the arena is a law firm, a medical group, a tech company, or any other work environment, Hardball for Women decodes male business culture and shows women how to break patterns of behavior that put them at a disadvantage. It explains how to get results when you “lean in” without being thrown off balance. Illustrated with real-life examples Hardball for Women teaches women how to: Successfully navigate middle management to become a leader in your field Be assertive without being obnoxious Display confidence Engage in smart self-promotion Lead

both men and women—and recognize the differences between them Use “power talk” language to your advantage

How Women Rise - Sally Helgesen 2018-04-10

Overcome the twelve habits holding you back and take your career to new heights with this wise and approachable guide from two business leadership experts. Ready to take the next step in your career . . . but not sure what's holding you back? Read on. Leadership expert Sally Helgesen and bestselling leadership coach Marshall Goldsmith have trained thousands of high achievers -- men and women -- to reach even greater heights. Again and again, they see that women face specific and different roadblocks from men as they advance in the workplace. In fact, the very habits that helped women early in their careers can hinder them as they move up. Simply put, what got you here won't get you there . . . and you might not even realize your blind spots until it's too late. Are you great with the details? To rise, you need to

do less and delegate more. Are you a team player? To advance, you need to take credit as easily as you share it. Are you a star networker? Leaders know a network is no good unless you know how to use it. Sally and Marshall identify the twelve habits that hold women back as they seek to advance, showing them why what worked for them in the past might actually be sabotaging their future success. Building on Marshall's classic bestseller *What Got You Here Won't Get You There*, *How Women Rise* is essential reading for any woman who is ready to advance to the next level.

Then We Came to the End - Joshua Ferris
2007-03-01

The National Book Award finalist and debut novel by the bestselling author of *The Dinner Party*: "A readymade classic of the office-novel genre. . . . A truly affecting novel about work, trust, love, and loneliness." --Seattle Times No one knows us quite the same way as the men and women who sit beside us in department

meetings and crowd the office refrigerator with their labeled yogurts. Every office is a family of sorts, and the ad agency Joshua Ferris brilliantly depicts in his debut novel is family at its strangest and best, coping with a business downturn in the time-honored way: through gossip, pranks, and increasingly frequent coffee breaks. With a demon's eye for the details that make life worth noticing, Joshua Ferris tells a true and funny story about survival in life's strangest environment--the one we pretend is normal five days a week.

Think Like an Entrepreneur - Deborah A. Bailey
2010-05-26

Tired of being at the mercy of the economy? Have you been downsized or are you keeping your head down, hoping that things will get better? This book will help you: *Transfer your current skills into a new career*Transition from employee to entrepreneur-even if you don't know where to start*Gain control over your life and have more financial freedom*Discover your

purpose, follow your dreams and live a fulfilled life*Start over after a job at any age or stage in your career

Getting Even - Evelyn Murphy 2006-10-10

A critical evaluation of why working women receive less compensation than their male counterparts shares numerous true accounts of women from all walks of life who have endured discrimination in the workplace, in an account that makes recommendations on how to counter sex discrimination in professional settings.

Reprint. 25,000 first printing.

Ask For It - Linda Babcock 2009-01-27

From the authors of *Women Don't Ask*, the groundbreaking book that revealed just how much women lose when they avoid negotiation, here is the action plan that women all over the country requested—a guide to negotiating anything effectively using strategies that feel comfortable to you as a woman. Whether it's a raise, that overdue promotion, an exciting new assignment, or even extra help around the

house, this four-phase program, backed by years of research and practical success, will show you how to recognize how much more you really deserve, maximize your bargaining power, develop the best strategy for your situation, and manage the reactions and emotions that may arise—on both sides. Guided step-by-step, you'll learn how to draw on your special strengths to reach agreements that benefit everyone involved. This collaborative, problem-solving approach will propel you to new places both professionally and personally—and open doors you thought were closed.

Ambition Redefined - Kathryn Sollmann

2018-10-09

"CRITICAL ADVICE FOR WOMEN WHEN THE TRADITIONAL OFFICE JOB DOESN'T FIT FAMILY LIFE." "Sollmann advocates that we 'lean in' to what she aptly labels one's own personal measure of success, rather than a monolithic vision of the ideal career."-- Whitney Johnson, critically-acclaimed author, *Build an A*

Team and Disrupt Yourself, Thinkers50 Management Thinkers Ambition Redefined is a timely alternative to current women's business books that define professional ambition and success as climbing the corporate ladder. In fact, this is not a path that all women want or should feel pressured to follow. Sollmann's focus is on the more critical and widespread workplace issue for everyday women--to always work in a way that fits their lives alongside their two major caregiving roles: for children and aging parents. Sollmann debunks common assumptions such as: IT'S NOT "WORTH IT" UNLESS THE SALARY IS HIGH. Women forfeit up to 4X their salaries every year out of the workforce to care for children and/or elderly parents--and it does not take a six-figure salary to achieve long-term financial security. FINDING FLEXIBLE WORK IS IMPOSSIBLE. Sollmann shines a bright light on the ever-widening world of flexwork--where women can find many interesting and exciting ways to tuck all

generations of their families into a future that is financially secure and safe. The book includes realistic, practical tools for preparing for and finding flexible work within a current job or a new opportunity. IT WON'T HAPPEN TO ME. Divorce, death of a spouse, or unexpected financial support for aging parents are some of the life "you never knows" that all women could experience. Divorce, death of a spouse, caring for aging parents or adult children are some of the life "you never knows" that all women could experience. Sollmann encourages women to anticipate and buffer life surprises and she shows the profound impact of continual earning, saving, and investing toward a long and comfortable retirement. WORK ENDS AT AGE 65. Women who leave the workforce and want to return in their forties, fifties or sixties will be in good company as the ranks of older workers rise. Over the next two decades, adults age 50 and over will have greater rates of workforce participation into their sixth and seventh

decades. Eye-opening and practical, the book shows that when we redefine ambition, we acknowledge that challenging, lucrative work can be found in many flexible ways that favor personal satisfaction over public applause.

Lean In - Sheryl Sandberg 2013-03-11

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.

Secrets of Six-Figure Women - Barbara Stanny
2009-10-13

According to the Department of Labor, the average woman in 1998 was bringing home less than \$25,000 a year. For every dollar that a man makes, a woman makes between 50 and 75 cents, and that is hardly news. But what you may not know is that, quietly and steadily, the number of women making six figures or more is rapidly increasing. Currently, over fifteen million women make \$100,000 or more, and the number

continues to rise at a rate faster than for men. And these women come from every industry - psychologists, dot com founders, consultants, freelance writers, and even part-timers. What makes these particular women able to do so well in the workplace? Fueled by curiosity, Barbara Stanny, author of *Price Charming Isn't Coming: How Women Get Smart About Money* (Viking Penguin), set out to research this phenomenon. What she discovered was that, though the high-earning women she interviewed came from different backgrounds and had had greatly different work experiences, they all had certain characteristics in common. *Secrets of Six Figure Woman: Surprising Strategies of the Successful High Earners* will be a ground breaking book for high earners who want to ensure their wealth, enhance their success, and learn from others who are in the same boat. It will also offer inspiration, guidance, and motivation to those who aspire to make more.

Nice Girls Don't Bite Their Neighbors - Molly

Harper 2012-02-28

While dealing with wedding preparations and the cantankerous ghost of her grandmother, Jane is ordered by the Council to babysit a newborn vampire until he can control his thirst, which causes her fiancée to become insanely jealous.

Nice Girls Don't Get the Corner Office - Lois Frankel 2014-09-16

The New York Times bestseller, which has become a must-have for women in business, is now revised and updated in celebration of its 10th anniversary. Internationally recognized executive coach Dr. Lois P. Frankel teaches women how to eliminate unconscious mistakes that could be holding them back, and gives invaluable coaching tips that can easily be incorporated into social and business skills. The results are career opportunities women never thought possible and the power and know-how to occupy the corner office! Stop making "nice girl" mistakes such as: -Mistake #13: Avoiding

office politics -Mistake #21: Multi-tasking - Mistake #54: Failure to negotiate -Mistake #82: Asking permission -Mistake #100: Smiling inappropriately. These and other behaviors are why NICE GIRLS DON'T GET THE CORNER OFFICE.

Nice Girls Don't Get the Corner Office by Lois P. Frankel (Summary) - QuickRead

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn about the unconscious mistakes women make that sabotage their careers For centuries women have been striving for equal rights. While progress has been made, women still struggle to become a man's equal in the workplace. In fact, women are less likely to hold highly influential positions. But why is this? Well, Dr. Lois P. Frankel is here to tell you about the unconscious mistakes women make that sabotage their careers. Have you worked

nonstop without a break? Worried about offending others? Backed down easily? Explained too much? "Polled" your friends and colleagues before making a decision? If you answered yes to any of those questions, then chances are you've been bypassed for a promotion and even ignored when you've expressed your ideas. Whether you're conscious of it or not, these behaviors are likely sabotaging your career. Throughout *Nice Girls Don't Get the Corner Office*, Dr. Frankel reveals the unique set of behaviors that women learn in girlhood that threaten to sabotage them as adults. Luckily, Dr. Frankel can help you eliminate these unconscious mistakes that are holding you back and offer you coaching tips to nail your social and business skills. As you read, you'll learn how to stop thinking like a girl and start thinking like a leader.

Play Like a Man, Win Like a Woman - Gail Evans
2001-09-11

An honest and practical handbook that reveals

important insights into relationships between men and women and work, *Play Like a Man, Win Like a Woman*, is a must-read for every woman who wants to leverage her power in the workplace. Women make up almost half of today's labor force, but in corporate America they don't share half of the power. Only four of the Fortune 500 company CEOs are women, and it's only been in the last few years that even half of the Fortune 500 companies have more than one female officer. A major reason for this? Most women were never taught how to play the game of business. Throughout her career in the super-competitive, male-dominated media industry, Gail Evans, one of the country's most powerful executives, has met innumerable women who tell her that they feel lost in the workplace, almost as if they were playing a game without knowing the directions. In this book, she reveals the secrets to the playbook of success and teaches women at all levels of the organization--from assistant to vice president--how to play the game

of business to their advantage. Men know the rules because they wrote them, but women often feel shut out of the process because they don't know when to speak up, when to ask for responsibility, what to say at an interview, and a lot of other key moves that can make or break a career. Sharing with humor and candor her years of lessons from corporate life, Gail Evans gives readers practical tools for making the right decisions at work. Among the rules you will learn are: • How to Keep Score at Work • When to Take a Risk • How to Deal with the Imposter Syndrome • Ten Vocabulary Words That Mean Different Things to Men and Women • Why Men Can be Ugly, and You Can't • When to Quit Your Job

[The Male Factor](#) - Shaunti Feldhahn 2009-12-29
Based on a nationwide survey and confidential interviews with more than three thousand men, bestselling author of *For Women Only*, Shaunti Feldhahn, has written a startling and unprecedented exploration of how men in the

workplace tend to think, which even the most astute women might otherwise miss. In *The Male Factor*, Feldhahn investigates and quantifies the private thoughts that men almost never publicly reveal or admit to, but that every woman will want to know. Never before has an author gotten inside the hearts and minds of men in the workplace—from CEOs to managers, from lawyers to factory workers—to get a comprehensive and confidential picture of what men commonly think about their female colleagues, how they view flextime and equal compensation, what their expected “rules” of the workplace are, what managing emotion means, and how that lowcut top is perceived. Because the men in the surveys and interviews were guaranteed anonymity, they talk in a candid and uncensored way about their daily interactions with women bosses, employees, and colleagues, as well as what they see as the most common forces of friction and misunderstanding between men and women at work. Among the subjects

The Male Factor tackles are: • how men, with rare exception, view almost any emotional display as a sign that the person can no longer think clearly—as well as what they perceive to be “emotion” in the first place (it’s not just crying) • why certain trendy clothes that women wear may create a career-sabotaging land mine in terms of how male colleagues perceive them • the unintentional signals that can change a man’s perception of a woman from “assertive and competent” to “difficult” Women will likely be surprised, even shocked, by these revelations. Some may find them challenging. Yet what they will gain is an invaluable understanding of how their male bosses, colleagues, subordinates, and customers react to a host of situations—as well as the ability to correct common misperceptions. *The Male Factor* offers a unique road map to what men in the workplace are thinking, allowing women the opportunity to decide for themselves how to use the insights Feldhahn reveals.

Nice Girls Just Don't Get It - Lois P. Frankel

2011-04-19

Offering the same brand of practical, no-holds-barred, expert advice that made *Nice Girls Don't Get the Corner Office* an international million-copy bestseller, *Nice Girls Just Don't Get It* teaches us the skills we need to turn from a nice girl into a winning woman, not just in our careers but in our relationships, families, and everyday lives. Have you ever felt invisible? Taken advantage of? Reluctant (or unable) to articulate what you really want? If so, join the club. The nice girls club. Nice girls—that's right, girls—are those more concerned with pleasing others than with addressing their own needs and haven't yet learned how to overcome the childhood messages cultural stereotypes keeping them from getting their voices heard, their needs met, and the lives they want. This book will turn those nice girls into winning women. That is, women who factor their own needs in with those of others, confront those who treat

them disrespectfully, maintain healthy and mutually beneficial relationships with appropriate boundaries— and as a result, are happier and more successful in every area of their life. In 2004, Lois Frankel blew the lid off so many of our long-held ideas about gender and success with her bestselling *Nice Girls Don't Get the Corner Office*, which went on to become such a huge phenomenon, the term "nice girls" has secured a place in our cultural lexicon. Here, Frankel teams up with negotiation expert Carol Frohlinger to bring this bestselling advice out of the workplace and provide a broader set of skills that any woman—whether a CEO or stay-at-home mom—can use to win anywhere, with anyone. Presented in the straightforward, digestible format that helped make *Nice Girl's Don't Get the Corner Office* an instant hit, Frankel and Frohlinger outline seven practical strategies and 99 supporting tactics that every winning woman should know. By the time you've finished reading this book, you'll be able to: •

Get your husband to do his half of the household chores—without being made to feel like a nag. • Stop overextending yourself by taking on all the unpleasant tasks no one on your volunteer board, or your team at work will go near. • Win an argument with your mother in law about who will be hosting Christmas dinner. • Have the courage to send back a meal that isn't prepared the way you'd ordered it. • Confront a colleague who is shirking responsibility or taking credit for your work. • Convince a sales person to reduce a fee, waive a surcharge, or honor a store credit. • Question a doctor's course or treatment or request a second opinion, instead of simply going along in order to be a "good" patient. • Firmly but politely bow out of an extravagant vacation to celebrate a friend's birthday that you simply can't afford—without feeling guilty about it. And so much more. A must-read for anyone who's ever felt taken advantage of by a friend or family member, unappreciated by a spouse or partner, or exploited by a vindictive neighbor or

co-worker, *Nice Girls Just Don't Get It* offers women the indispensable knowledge and skills to get the things they want, the respect they've earned, and the success they deserve. From the Hardcover edition.

[Ageless Women, Timeless Wisdom](#) - Dr. Lois P. Frankel 2017-04-04

Throughout history, the image of "wisdom" is exclusively portrayed by men: God, Socrates, Confucius, Merlin, the aging college professor. Where are their female counterparts? The wisdom of older women is indisputable. Having lived decades raising children, caring for husbands, creating "nests" from which progeny fly out of to be productive members of society, and often being forced to observe more than participate in the events around them, older women have unique insights that help future generations not only to survive but also to thrive. New York Times–bestselling author of *Nice Girls Don't Get the Corner Office*, Dr. Lois Frankel, now honors and gives voice to the often

marginalized and “invisible” older women in our society. From Los Angeles, California, to Shanghai, China, women over age seventy share wisdoms and stories that are heartwarming and hilarious, insightful and witty, and philosophical and practical. “When life gives you lemons,” says Jo-Ann Mercurio, born 1941, “add vodka.” Beautifully photographed and illustrated, *Ageless Women, Timeless Wisdom* is a precious record of our women’s reflections and takeaways on lives well-lived that is sure to be passed from grandmother to daughter to granddaughter.

The Golden Couple - Greer Hendricks

2022-03-08

The next electrifying novel from the #1 New York Times bestselling author duo behind *The Wife Between Us*. “Propulsive and thrilling....A page-turner that will keep you guessing until the very end.” --Taylor Jenkins Reid, author of *Malibu Rising* Wealthy Washington suburbanites Marissa and Matthew Bishop seem to have it all—until Marissa is unfaithful. Beneath their

vener of perfection is a relationship riven by work and a lack of intimacy. She wants to repair things for the sake of their eight-year-old son and because she loves her husband. Enter Avery Chambers. Avery is a therapist who lost her professional license. Still, it doesn’t stop her from counseling those in crisis, though they have to adhere to her unorthodox methods. And the Bishops are desperate. When they glide through Avery’s door and Marissa reveals her infidelity, all three are set on a collision course. Because the biggest secrets in the room are still hidden, and it’s no longer simply a marriage that’s in danger. “An utterly compelling, spellbinding read.” --Lisa Jewell, author of *Then She Was Gone* and *Invisible Girl*

Women, Anger & Depression - Lois Frankel

2010-01-01

Women can empower themselves to fulfill their needs and aspirations without being strapped down by feelings that society has taught them to ignore. Finding the source of your anger can

help you lose your depression.

Tight Spiral - Michael J Gill 2014-03-03

Four lives converge - and a legend is born... Harry Smith had everything going for him: the first British quarterback in American college football, a star future, and a pretty Texan girl on his arm. But when 'Prince Harry' collides with fate in a near-fatal accident, everything unravels. Paul Smith, Harry's Granddad, has always been supportive. After all, it was his idea to bring Harry to Texas in the first place. But when Harry emerges from his coma with no interest in football, it's up to Paul to bring him back to life. Amy Carrington is a sports reporter in Leeds, England, who'd much rather report on life and fashion. But her boss has a brand new job for her: covering the rise of American football in Britain. This might just skyrocket her career - and change her life. Ben Shannon is a millionaire with one unfulfilled dream - owning an NFL team. Thwarted at every turn, he changes tactics, founding the Leeds Cougars

football team and transforming the face of British football. Inspired by Lee Childs and Steve Berry, Tight Spiral is a fast-paced novel which combines sports fiction with romance and suspense.

Nice Girls Don't Get the Corner Office - Lois Frankel 2004-02-11

If you work nonstop without a break...worry about offending others and back down too easily...explain too much when asked for information....or "poll" your friends and colleagues before making a decision, chances are you have been bypassed for promotions and ignored when you expressed your ideas. Although you may not be aware of it, girlish behaviors such as these are sabotaging your career! Dr. Lois Frankel reveals why some women roar ahead in their careers while others stagnate. She's spotted a unique set of behaviors--101 in all--that women learn in girlhood that sabotage them as adults. Now, in this groundbreaking guide, she helps you

eliminate these unconscious mistakes that could be holding you back--and offers invaluable coaching tips you can easily incorporate into your social and business skills. If you recognize and change the behaviors that say "girl" not "woman", the results will pay off in career opportunities you never thought possible--and in an image that identifies you as someone with the power and know-how to occupy the corner office.

[Machiavelli for Women](#) - Stacey Vanek Smith
2021-09-07

From the NPR host of The Indicator and correspondent for Planet Money comes an "accessible, funny, clear-eyed, and practical" (Sarah Knight, New York Times bestselling author) guide for how women can apply the principles of 16th-century philosopher Niccolò Machiavelli to their work lives and finally shatter the glass ceiling—perfect for fans of Feminist Fight Club, Lean In, and Nice Girls Don't Get the Corner Office. Women have been making strides

towards equality for decades, or so we're often told. They've been increasingly entering male-dominated areas of the workforce and consistently surpassing their male peers in grades, university attendance, and degrees. They've recently stormed the political arena with a vengeance. But despite all of this, the payoff is—quite literally—not there: the gender pay gap has held steady at about 20% since 2000. And the number of female CEOs for Fortune 500 companies has actually been declining. So why, in the age of #MeToo and #TimesUp, is the glass ceiling still holding strong? And how can we shatter it for once and for all? Stacy Vanek Smith's advice: ask Machiavelli "with this delicious look at what we have to gain by examining our relationship to power" (Sally Helgesen, New York Times bestselling author). Using The Prince as a guide and with charm and wit, Smith applies Renaissance politics to the 21st century, and demonstrates how women can take and maintain power in careers where they

have long been cast as second-best. "Machiavelli For Women is the ultimate battle guide for our times. Brimming with hard-boiled strategies, laced with wit, it's a must-read for every woman ready to wield power unapologetically" (Claire Shipman, coauthor of *The Confidence Code*). *Why Good Girls Don't Get Ahead... But Gutsy Girls Do* - Kate White 2008-12-14

Career women looking to get ahead will find straight answers and nine proven strategies in this guide from one of the most savvy, successful, powerful women in American business. Top magazine executive Kate White shares the systematic plan that took her from being a "good girl" to a "gutsy girl".

Knowing Your Value - Mika Brzezinski
2011-04-26

The author interviews a number of prominent women--including comedian Susie Essman, writer and director Nora Ephron and TV personality Joy Behar--to reveal the ways that everyday women can achieve their deserved

recognition and financial worth in today's professional world.

12 Rules for Life - Jordan B. Peterson
2018-01-23

#1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods?

What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life. *12 Rules for Life* shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers.

If He's So Great, Why Do I Feel So Bad? -

Avery Neal 2018-03-27

Free yourself from toxic relationships with “the new gold standard in abuse recovery” from the founder of the Women’s Therapy Clinic (Jackson MacKenzie, author of *Whole Again*). Foreword by Lois P. Frankel, Ph.D., New York Times bestselling author of *Nice Girls Don’t Get the Corner Office* **ARE YOU A VICTIM OF SUBTLE ABUSE?** Are you always the one apologizing? Constantly questioning and blaming yourself? Do you often feel confused, frustrated, and angry? If you answered yes to any of these questions,

you’re not alone. Nearly half of all women—and men—in the United States experience psychological abuse without realizing it. Manipulation, deception, and disrespect leave no physical scars, but they can be just as traumatic as physical abuse. In this groundbreaking book, Avery Neal, founder of the Women’s Therapy Clinic, helps you recognize the warning signs of subtle abuse. As you learn to identify patterns that have never made sense before, you are better equipped to make changes. From letting go of fear to setting boundaries, whether you’re gathering the courage to finally leave or learning how to guard against a chronically abusive pattern, *If He’s So Great, Why Do I Feel So Bad?* will help you enjoy a happy, healthy, fulfilling life, free of shame or blame. “This book can open eyes for people who may have lost pieces of themselves along the way. Great examples and exercises. It is a companion from start to finish.” —Dr. Jay Carter, author of *Nasty People* “No-nonsense insights and practical ways to regain

control of and empower your life.” —Dr. George Simon, international bestselling author of *In Sheep’s Clothing*

The Brain That Changes Itself - Norman Doidge
2007-03-15

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were

seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential. *Volcanic Momentum: Get Things Done by Setting Destiny Goals, Mastering the Energy Code, and Never Losing Steam* - Jordan Ring
2018-10-09

Want to Crush Your Goals? Get Momentum And Win Stop dreaming about “someday” and let *Volcanic Momentum* show you how to tap into unlimited energy and reach your goals now, not

later. In his latest work, authorpreneur Jordan Ring shares how you can build a solid foundation for lifelong success with nine powerful momentum strategies. Using these tools, you will never again lose motivation, inspiration, and the drive needed to meet your goals once and for all! Whether it's those pesky last ten pounds, the remaining twenty pages of your thesis, or the kite-making side-hustle that you know will one day make oodles of money— getting a copy of *Volcanic Momentum* in your hands will give you superpowers. With *Destiny Goals*, your God-given potential will be reached, and your purpose on this earth made clear to you. Your divine purpose is ready to be revealed and unleashed upon the world, what are you waiting for? In this book you will learn: How to find your ultimate life purpose by setting and achieving *Destiny Goals*. Momentum strategies to keep moving the needle forward regardless of what life throws at you. Tips to leave boredom behind you and cultivate massive personal growth by

becoming what you were created to be. And much more... *Volcanic Momentum* is not just another feel good self-help book, it won't tell you that the journey will be without its challenges, and it's definitely not a guide to having an easy life. But if you're looking for an encouraging and realistic take on everyday struggles, you need this book. With self-deprecating humor and a vulnerable writing style, Jordan shares actionable tips and strategies you can use in your daily life to achieve your full potential. By the end, you will have all the tools you need to change the world and still have fun doing it. What are you waiting for? Scroll up, buy now, and pick up this game-changing new read!

[The Scandinavian Home](#) - Niki Brantmark
2017-03-07

Discover classic and contemporary Scandinavian style. Scandinavia is famous for its distinctive style: homes are pared-back and simple, and form and function are combined to create aesthetically pleasing and practical interiors.

Scandinavians are inspired by light, having an abundance of it in summer but so little of it in winter, and house designs tend to maximize the amount of natural light that enters the home, and allow the inhabitants to make the most of outdoor life during the summer. Similarly, nature and the weather are major influences: homes are made warm and cozy for the freezing winter months—“not just literally with log burners, but also through incorporating wood and natural materials.” The Scandinavian Home showcases a wide range of these beautiful homes. The first chapter, City Dwellings, features sharp, modern apartments and smart townhouses. A Country Homes shows the Scandinavian take on country style with laid-back, bohemian homes. Finally, the Summer and Winter Retreats include coastal cottages, an allotment house, and log cabins.

The Jewish Phenomenon - Steve Silbiger
2000-05-25

With truly startling statistics and a wealth of

anecdotes, Silbiger reveals the cultural principles that form the bedrock of Jewish success in America.

Romola - George Eliot 1874

Romola, one of the best-known novels by George Eliot (C. P. P.), was originally published in 1863. The scene is in Florence, Italy, at the end of the fifteenth century. Roinola, the heroine, a daughter of the Italian family of Bardi, marries Tito Melema, a Greek, but the marriage proves a failure, and she sacrifices herself in devotion to the people during the plague. A marvellously able story of the revival of the taste and beauty and freedom of Hellenic manners and letters, under Lorenzo di Medici and the scholars of his Court, side by side with the revival of Roman virtue, and more than the ancient austerity and piety, under the great Dominican, Savonarola. The period of history is one which of all others may well have engrossing interest for George Eliot. Treasures of learning and discipline, amassed for mankind ages before, for ages

stored and hidden away, see again the sun, are recognized and put to use. What use they will be put to, with what new and fruitful effects on the State and the citizen, with what momentary and with what lasting consequences, this she strives to discover ; this she follows through the public history of Italy during the modern invasion of Charles VIII., and the events which succeed his invasion, and through the private fortunes of her admirably chosen group of characters, some of them drawn from life, all of them true to nature.
Nice Girls Don't Get Rich - Lois P. Frankel
2009-10-31

With the same frank advice and empowering information that made *Nice Girls Don't Get the Corner Office* a New York Times bestseller, Lois Frankel tackles the 75 financial mistakes that keep women from having the wealth they deserve. If you have outstanding balances on your credit cards...don't have assets in your own name...are saving instead of investing, then chances are you're not rich and not living the life

you want. Without your awareness, behaviors learned as a girl are preventing you from becoming a woman who is financially independent and free to follow her dreams. Lois Frankel isolates the messages about money given to little girls that little boys never hear. Then she helps you discover the financial thinking that is keeping you stuck in old patterns, dependent relationships, and jobs where you earn less than you deserve. Once you get to the root of the problem, Frankel helps you solve it-with fabulous results. Her coaching tips help you take control of your finances and make more money than you ever thought possible. Do you make these "nice girl" mistakes? Mistake #4: Not playing to win. Being polite, quiet, and fair to a fault is playing the financial game "like a girl." Mistake #10: Choosing to remain financially illiterate. Knowledge is power. Learn to manage your major purchases, investments, and banking. Mistake #20: Spending as an emotional crutch. Understand your emotions;

don't make purchases just to lift your spirits.
Mistake #45: Saving instead of investing. Fear can keep your funds in low-interest accounts. Get educated about investing. Get wealthy. Frankel gives you the financial savvy to change negative behaviors, make smart money choices, and embrace the life you want sooner than you think.

See Jane Lead - Lois P. Frankel 2007-04-11

The workplace is changing. From the boardrooms to non-profit organizations to the military, the typical male management style is now obsolete. There is a new generation of employees who reject hierarchical leadership and respond to the behaviors and characteristics that women traditionally exhibit. In other words, the time for women to take charge is now! In **SEE JANE LEAD**, Dr. Frankel provides a blueprint for women who want to tap their natural leadership abilities and manage with greater ease and confidence in the business world, on the soccer field, at home, and beyond.

With the same sharp insight that she demonstrated in *Nice Girls Don't Get Rich* and *Nice Girls Don't Get the Corner Office*, Dr. Frankel shows women how they can overcome sabotaging childhood behaviors that hold them back, while offering practical advice and real-life examples of strong female leaders who have succeeded--in male dominated fields--beyond their wildest dreams.

[Nice Girls Don't Get the Corner Office](#) - Lois P. Frankel 2014-02-18

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.

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