

Tripping The Prom Queen Truth About Women And Rivalry Susan Shapiro Barash

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Influence Starts with "I" Jeanne Porter King 2019-03-05 Influence is power. What does a woman need to lead well in today's competitive work environment? If you think it's a coercive, "power over" style of leadership, think again. **Influence Starts with "I": A Woman's Guide for Unleashing the Power of Leading** from Within and Effecting Change Around You outlines how to be a more effective leader by tapping into the authentic "I" within you to cultivate "power with" others and effect change around you. Influence skills are important ingredients to effective leadership in today's complex organizations and institutions. In her latest title, author and leadership coach Jeanne Porter King provides a guide for developing the personal side of leadership. This guide helps you to -Identify your leadership purpose -Develop an influence mindset -Use your power strategically -Negotiate gender barriers -Build your support system, and more Reflective exercises and questions allow you to readily apply what you've learned and build your plan for growth. Every existing and emerging woman leader needs to carve out the space and time to do the inner work on their leadership. Whether you work in a corporate setting or a nonprofit organization, you have what it takes to lead from within and influence positive change around you.

It's Not You It's the Workplace Andrea S. Kramer 2019-08-27 Silver award winner in Women/Minorities in Business category, 2020 Axiom Business Book Awards It's not you, It's the Workplace offers a fresh approach to understanding why women's relationships with other women at work are often fraught and when they are, have the potential to completely derail women's careers. It's a pervasive and complicated issue which, until now, has been falsely represented by books that paint women as inherently bitchy back-stabbers who cannot help but have challenging relationships with other women. As the authors prove, this is patently untrue! Immensely practical, the book features real-world advice and tactics to overcome and avoid workplace conflict, and most-importantly, build on the positive aspects of women to women relationships, developing stronger networks that foster women's career success and creating a more supportive and satisfying work environment.

The Philosophy of Envy Sara Protasi 2021-07-15 Envy is almost universally condemned. But is its reputation warranted? Sara Protasi argues envy is multifaceted and sometimes even virtuous.

She Wins, You Win Gail Evans 2004 Builds on the lessons presented in Play Like a Man, Win Like a Woman to offer strategies on how women can create their own rules while climbing the corporate ladder, revealing how the achievements of one woman can benefit all women and their organizations. Reprint. 35,000 first printing.

Tripping the Prom Queen Susan Shapiro Barash 2007-03-06 A psychological investigation into female rivalry negates popular beliefs about how women interact, contending that most women engage in covertly competitive behaviors, exploring the sources of rivalry among women, and detailing the ways in which female and male competitiveness differ. Reprint. 35,000 first printing.

Evolution's Empress Maryanne L. Fisher 2013-01-30 Over the last decade, there has been increasing debate as to whether feminism and evolutionary psychology can co-exist. Such debates often conclude with a resounding "no," often on the grounds that the former is a political movement while the latter is a field of scientific inquiry. In the midst of these debates, there has been growing dissatisfaction within the field of evolutionary psychology about the way the discipline (and others) have repeatedly shown women to be in passive roles when it comes to survival and reproduction. Evolutionary behavioral research has made significant strides in the past few decades, but continues to take for granted many theoretical assumption that are perhaps, in light of the most recent evidence, misguided. As a result, the research community has missed important areas of research, and in some cases, will likely come to inaccurate conclusions based on existing dogma, rather than rigorous, theoretically driven research. Bias in the field of evolutionary psychology echoes the complaints against the political movement attached to academic feminisms. This is an intellectual squabble where much is at stake, including a fundamental understanding of the evolutionary significance of women's roles in culture, mothering, reproductive health and physiology, mating, female alliances, female aggression, and female intrasexual competition. Evolution's Empress identifies women as active agents within the evolutionary process. The chapters in this volume focus on topics as diverse as female social interactions, mate competition and mating strategies, motherhood, women's health, sex differences in communication and motivation, sex discrimination, and women in literature. The volume editors bring together a diverse range of perspectives to demonstrate ways in which evolutionary approaches to human behavior have thus far been too limited. By reconsidering the role of women in evolution, this volume furthers the goal of generating dialogue between the realms of women's studies and evolutionary psychology.

The Joy of Living J. Dwight Pentecost 1996-06-01 Pentecost creates a devotional study of Philippians that contains helpful study and review questions for personal Bible study or sermon preparation.

Little White Lies, Deep Dark Secrets Susan Shapiro Barash 2009-01-06 From the bestselling author of *Tripping the Prom Queen* comes a fascinating and provocative look at the reasons behind female deception. *Little White Lies, Deep Dark Secrets* reveals how society doles out mixed messages to women, fostering the lies they tell. Among the liars are: •A woman who shoplifts, and has it "down to a science" •A woman who tells her husband she is working late in order to be with her lover •A woman who lies about her children's achievements to her friends •A woman who pretends her husband is doing well when they are going broke •A woman who has covered up her husband's emotional abuse for years •A woman whose secret is her misery in being a stay-at-home mom in suburbia •A woman who lies about loving her partner, deciding it's better to stay than be alone •And many other secrets and deceptions Honest and even outrageous, Susan Shapiro Barash is fast becoming the author who explores issues that are important to women—issues that they are loath to talk about . . . until now.

Marry Smart Christine B. Whelan 2008-12-30 Challenging perceptions that smart women are at a disadvantage when looking to marry, a guide for single intellectuals shares step-by-step instructions and practical advice on how to find a satisfying, long-term partner. Original. 30,000 first printing.

What a Girl Wants? Diane Negra 2009-06-02 From domestic goddess to desperate housewife, *What a Girl Wants?* explores the importance and centrality of postfeminism in contemporary popular culture. Focusing on a diverse range of media forms, including film, TV, advertising and journalism, Diane Negra holds up a mirror to the contemporary female subject who finds herself centralized in commodity culture to a largely unprecedented degree at a time when Hollywood romantic comedies, chick-lit, and female-centred primetime TV dramas all compete for her attention and spending power. The models and anti-role models analyzed in the book include the chick flick heroines of princess films, makeover movies and time travel dramas, celebrity brides and bravura mothers, 'Runaway Bride' sensation Jennifer Wilbanks, the sex workers, flight attendants and nannies who maintain such a high profile in postfeminist popular culture, the authors of postfeminist panic literature on dating, marriage and motherhood and the domestic gurus who propound luxury lifestyleing as a showcase for the 'achieved' female self.

Transforming Your STEM Career Through Leadership and Innovation Pamela McCauley Bush 2013 Transforming your STEM Career through Leadership and Innovation offers valuable information on what it means to be a leader and innovator and encourages you to discover and develop these skills for yourself. This book integrates leadership and innovation principles with personal examples and profiles of inspirational women. It is accompanied by a website that features women's leadership success stories, as well as innovation resources and best practices. This book is relevant for women in all stages of their careers and explains the critical need for leadership and innovation right now. By providing a clear process on how to build upon your personal strengths to realize leadership and innovation goals, this book will inspire you to pick up the mantle and meet the critical need for leadership and innovation in the STEM fields Examines research-based leadership and innovation principles to make these critically important characteristics both real and attainable Empowers you to build upon your own strengths and successes to discover and develop leadership and innovation skills Features a companion website that highlights women's leadership success stories, innovation resources and best practices Provides a practical guide that educates, encourages and equips you to pursue leadership and innovation opportunities Includes a companion website that highlights women's leadership success stories, innovation resources and best practices **Queen Bees and Wannabes, 3rd Edition** Rosalind Wiseman 2016-07-26 "My daughter used to be so wonderful. Now I can barely stand her and she won't tell me anything. How can I find out what's going on?" "There's a clique in my daughter's grade that's making her life miserable. She doesn't want to go to school anymore. Her own supposed friends are turning on her, and she's too afraid to do anything. What can I do?" Welcome to the wonderful world of your daughter's adolescence. A world in which she comes to school one day to find that her friends have suddenly decided that she no longer belongs. Or she's teased mercilessly for wearing the wrong outfit or having the wrong friend. Or branded with a reputation she can't shake. Or pressured into conforming so she won't be kicked out of the group. For better or worse, your daughter's friendships are the key to enduring adolescence—as well as the biggest threat to her well-being. In her groundbreaking book, *Queen Bees and Wannabes*, Empower cofounder Rosalind Wiseman takes you inside the secret world of girls' friendships. Wiseman has spent more than a decade listening to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they respond to boys, and how they feel about themselves. In this candid, insightful book, she dissects each role in the clique: Queen Bees, Wannabes, Messengers, Bankers, Targets, Torn Bystanders, and more. She discusses girls' power plays, from birthday invitations to cafeteria seating arrangements and illicit parties. She takes readers into "Girl World" to analyze teasing, gossip, and reputations; beauty and fashion; alcohol and drugs; boys and sex; and more, and how cliques play a role in every situation. Each chapter includes "Check Your Baggage" sections to help you identify how your own background and biases affect how you see your daughter. "What You Can Do to Help" sections offer extensive sample scripts, bulleted lists, and other easy-to-use advice to get you inside your daughter's world and help you help her. It's not just about helping your daughter make it alive out of junior high. This book will help you understand how your daughter's relationship with friends and cliques sets the stage for other intimate relationships as she grows and guides her when she has tougher choices to make about intimacy, drinking and drugs, and other hazards. With its revealing look into the secret world of teenage girls and cliques, enlivened with the voices of dozens of girls and a much-needed sense of humor, *Queen Bees and Wannabes* will equip you with all the tools you need to build the right foundation to help your daughter make smarter choices and empower her during this baffling, tumultuous time of life.

Unleash the Girls Lisa Z. Lindahl 2019-09-10 "The sports bra was and is more than a piece of sporting equipment, it has become a symbol and a vehicle for

women and girls to propel themselves forward without inhibition towards the future that they are creating." —Brandi Chastain, American retired soccer player, two-time FIFA Women's World Cup champion, two-time Olympic gold-medalist, coach, and sports broadcaster "...an inspiring narrative about changing the world through fearless innovation...Lindahl writes with self-awareness, wit and wisdom." —Publishers Weekly, The BookLife Prize The 1970s saw women coming into their own, working hard to create new roles at home and in sports, culture, politics, and business. It was also the start of the "fitness revolution." At this unique intersection of feminism and athleticism, Lisa Lindahl's game-changing entrepreneurial journey began. She invented the first sports bra, the "Jogbra," in 1977. It was the right product at the right time, throwing Lisa into a high-stakes world of business and power—a world for which she was not fully prepared. Unleash the Girls is the improbable story of a young artist with a disability who used her powers of creativity to solve a vexing problem and ended up leveling the playing field for girls and women across the globe—literally, unleashing the girls. Her invention would become a feminist icon and the company she founded would change an industry. But amid the success, Lisa continued to search for meaning and the true nature of power and beauty. This is the untold story of the invention of the sports bra and how it changed the world for girls and women...and, along the way, changed Lisa, too. "The sports bra was and is more than a piece of sporting equipment, it has become a symbol and a vehicle for women and girls to propel themselves forward without inhibition towards the future that they are creating. Prior to its inception, the concept of women running, jumping, lifting, competing, basically moving dynamically, caused reticence. Now, we run and move in every athletic space and then some.To say I don't think about my sports bra anymore is to say that I am free to accomplish and go after anything I want. I am empowered to embrace opportunity!" – Brandi Chastain, American retired soccer player, two-time FIFA Women's World Cup champion, two-time Olympic gold-medalist, coach, and sports broadcaster

Queen Bees & Wannabes Rosalind Wiseman 2009 Revised to include an additional chapter for parents of younger girls, a best-selling guide on how cliques shape girls' lives offers insight into gender-based power plays, early adolescence, and the role of a parent's history in shaping parenting choices. Original.

The Nine Phases of Marriage Susan Shapiro Barash 2012-09-18 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.

Success Strategies From Women in STEM Peggy A. Pritchard 2015-06-11 *Success Strategies from Women in Stem: A Portable Mentor*, Second Edition, is a comprehensive and accessible manual containing career advice, mentoring support, and professional development strategies for female scientists in the STEM fields. This updated text contains new and essential chapters on leadership and negotiation, important coverage of career management, networking, social media, communication skills, and more. The work is accompanied by a companion website that contains annotated links, a list of print and electronic resources, self-directed learning objects, frequently asked questions, and more. With an increased focus on international relevance, this comprehensive text contains shared stories and vignettes that will help women pursuing or involved in STEM careers develop the necessary professional and personal skills to overcome obstacles to advancement. Preserves the style and tone of the first edition by bringing together mentors, trainees and early-career professionals in a series of conversations about important topics related to careers in STEM fields, such as leadership, time stress, negotiation, networking, social media and more Identifies strategies that can improve career success along with stories that elucidate, engage, and inspire Companion website provides authoritative information from successful women engaged in STEM careers, including annotated links to key organizations, associations, granting agencies, teaching support materials, and more

Toxic Friends Susan Shapiro Barash 2009-10-13 A woman can always count on are her friends—right? But what if those friendships are hurtful, harmful, even toxic? Susan Shapiro Barash explores the ten types of female friends and shows you why and how women get stuck with the worst kinds, the ways to get "unstuck, and how to recognize a true friend." For example: • The Leader of the Pack—it's all on her terms • The Doormat—and why you're the one paying the price • The Misery Lover—she wants to feel your pain. Really. • The User—and why you seldom see her coming • The Trophy Friend—and what you gain from each other Provocative and fascinating, Susan Shapiro Barash looks at the bonds (and bondage) of female friendships in a new light.

The Passionate Prince David Balsley 2015-04-30 *The Passionate Prince* is a verse-by-verse commentary on the Song of Solomon from a pastor's perspective. It explains the Song as a description of the developing relationship between King Solomon and the Shulammite, a young Jewish maiden from the northern part of Israel. It tells of their pre-marriage romance, of their marriage, and of some of the challenges of their relationship following their wedding. It treats the book, in a literal way, as a continuous account of the relationship between Solomon and the Shulammite from pre-marriage days to post-marriage days. It assumes, by virtue of the Biblical title of the book ("The song of songs which is Solomon's") that Solomon's relationship with the Shulammite was probably the most satisfying marriage which Solomon experienced among the many marriages which were a part of his life as the most wealthy of all of the kings of Israel.

The Sexual Paradox Susan Pinker 2010-01-11 After four decades of eradicating gender barriers at work and in public life, why do men still dominate business, politics and the most highly paid jobs? Why do high-achieving women opt out of successful careers? Psychologist Susan Pinker explores the illuminating answers to these questions in her groundbreaking first book. In *The Sexual Paradox*, Susan Pinker takes a hard look at how fundamental sex differences continue to play out in the workplace. By comparing the lives of fragile boys and promising girls, Pinker turns several assumptions upside down: that the sexes are biologically equivalent; that smarts are all it takes to succeed; that men and women have identical goals. If most children with problems are boys, then why do many of them as adults overcome early obstacles while rafts of competent, even gifted women choose jobs that pay less or decide to opt out at pivotal moments in their careers? Weaving interviews with men and women into the most recent discoveries in psychology, neuroscience and economics, Pinker walks the reader through these minefields: Are men the more fragile sex? Which sex is the happiest at work? What does neuroscience tell us about ambition? Why do some male school drop-outs earn more than the bright, motivated girls who sat beside them in third grade? Pinker argues that men and women are not clones, and that gender discrimination is just one part of the persistent gender gap. A work world that is satisfying to us all will recognize sex differences, not ignore them or insist that we all be the same.

Unseduced and Unshaken Rosalie De Rosset 2012-08-01 You can't afford to live casually, haphazardly. No matter your age, you were born into a plethora of expectations of what it means to be a woman. How easily we assume impoverished views of womanhood as we hoist beauty and desirability above the more enduring traits of self-possession and dignity. We tend to live as divided and distracted selves, allowing our bodies and minds to drift to opposite poles while swapping our pursuit of God for tamer, lesser loves. This collection of essays is more than a call to modesty or chastity. It is a thoughtful provocation to speak well, read often, make choices that reflect the character of God, and even to establish a theology of play or leisure. Being intentional with your choices, cultivating your intellect, and taking seriously your voice determines not only what kind of person you are, but also what kind of woman you will be.

"[Unseduced and Unshaken] raises the bar for young Christian women...It's a call for all Christian women to examine their personal faith presuppositions, deliberately choose a life of Biblical 'dignity,' and to not be frightened to allow 'theology to inform our choices.'" Just Between Us, Summer 2013 issue **Owning Up Curriculum** Rosalind Wiseman 2009 *The Owning Up Curriculum* presents a unique and comprehensive approach to preventing youth violence by targeting the root causes of bullying and other forms of social cruelty. It addresses issues such as racism, classism, and homophobia, as well as moral courage, perseverance, and commitment to ethical behavior. Separate sessions for girls and for boys combine group discussions, games, role-playing, and other activities to engage students in understanding the complexities of adolescent social culture.

The Oxford Handbook of Women and Competition Maryanne L. Fisher 2017-08-14 While women are generally perceived to be less competitive than men, women compete in many ways and in a variety of situations. Women try to make themselves look more attractive to draw the attention of a desirable mate. They will use gossip as a form of informational warfare to influence reputations. They compete as mothers to gain access to resources that directly influence the health of their children. They use selfies posted on social media to manipulate others' perceptions. Women compete all of their lives: in the womb, through adolescence and adulthood, and into their elder years. The topic of women's competition has gained significant momentum over the years. Edited by Maryanne L. Fisher, *The Oxford Handbook of Women and Competition* provides readers with direct evidence of this growth and is one of the first scholarly volumes to focus specifically on this topic. Fisher and her team of contributors offer a definitive worldview of the current state of knowledge regarding competition among women today. Many of the chapters are grounded within an evolutionary framework, allowing for authors to investigate the adaptive nature of women's competitive behaviors, motivations, and cognition. Other chapters rely on alternative frameworks, with contributors also asserting that socio-cultural forces are the culprit shaping women's competitive drives. Additionally, several contributors focus their attention on issues faced by adolescent girls, and explore the developmental trajectories for young women through adulthood. Designed to serve as a source of inspiration for future research and direction, *The Oxford Handbook of Women and Competition* is a stand-out scholarly text focusing on the many competitive forces driving women today.

Woman's Inhumanity to Woman Phyllis Chesler 2009-05-01 Drawing on the most important studies in psychology, human aggression, anthropology, and primatology, and on hundreds of original interviews conducted over a period of more than 20 years, this groundbreaking treatise urges women to look within and to consider other women realistically, ethically, and kindly and to forge bold and compassionate alliances. Without this necessary next step, women will never be liberated. Detailing how women's aggression may not take the same form as men's, this investigation reveals—through myths, plays, memoir, theories of revolutionary liberation movements, evolution, psychoanalysis, and childhood development—that girls and women are indeed aggressive, often indirectly and mainly toward one another. This fascinating work concludes by showing that women depend upon one another for emotional intimacy and bonding, and exclusionary and sexist behavior enforces female conformity and discourages independence and psychological growth.

Indirect and Direct Aggression Karin Osterman 2010 Indirect and Direct Aggression consists of 24 chapters written by distinguished scholars within the field of aggression research, covering indirect aggression, bullying in schools, adult bullying, and societal and biological aspects of aggression. Indirect aggression is the most typical form of aggression used by women in most cultures. It is an aggressive strategy that is carried out by means of social manipulation that enables the perpetrator to go unnoticed and thereby escape retaliation. Knowledge about indirect aggression and its mechanisms is crucial for all anti-bullying efforts, among children and adults alike. Although briefly covered in early research on human aggression, the study of indirect aggression originates, beginning from the mid-1980s, from a research group in Finland, lead by Professor Kaj Björkqvist of Åbo Akademi University. The book can be used as a textbook at university level.

A Palm Beach Wife Susannah Marren 2019-04-09 For readers of Elin Hilderbrand, Susannah Marren's *A Palm Beach Wife* is a delicious and irresistible commercial novel set among the high society galas and gossip of Palm Beach. Amid the glamour and galas and parties of Palm Beach, Faith knows that image often counts as much if not more than reality. She glides effortlessly among the highest of the high society so perfectly that you would never suspect she wasn't born to this. But it wasn't always so; though she hides it well, Faith has fought hard for the wonderful life she has, for her loving, successful husband, for her daughter's future. In this town of secrets and gossip and rumors, Faith has kept a desperate grip on everything she holds so dear, built from so little. And yet even she—the only one who knows just how far she has to fall—never suspects from which direction, or how many directions all at once, betrayal will come.

Powering Up Anne Doyle 2011-01-26

Behind Frenemy Lines Dr. Amber Tichenor, PhD 2021-11-30 Females are the recipients of rivalrous behaviors from other women, consistently. It's what people frequently call a "cat-fight," or "women being dramatic" it isn't pretty. It can be raw, ugly, confusing, and very painful. Female rivalry is boundless. As a result, there is a hunger for this topic, to better understand it, to curb the behavior, to dive into the misconceptions and reality that it's not just a cat-fight. It's much more than that. It's a silent epidemic. Women who are recipients of this type of behavior often don't speak about their experience until it is behind them, or near to being over. Silent in the fact that there is often awareness by others about the behavior, but traditionally it's not dealt with until after the fact, if ever. Behind Frenemy Lines is a practical guide to help women find their peace, explore how they trust, establish true connections and know they are not alone when they are experiencing these types of behaviors. By sharing personal and relatable stories, Behind Frenemy Lines addresses the raw ugliness of female rivalry head on. It offers tips with structure to educate and help women connect with one another about the seriousness of the phenomenon so that they can forge relationships that help them be unstoppable, together.

Why Smart Men Marry Smart Women Christine B. Whelan 2006-10-17 For years, it's been "common knowledge" that once a woman hits thirty, her chances of finding a husband diminish to the point of despair. That men are intimidated by a woman's career success, preferring docile helpmates to ambitious achievers. That women are biologically driven to seek a strong provider. That the higher a woman's IQ, the less likely she is to marry, let alone have babies...leaving single, successful women to ask themselves: Are men intimidated by smart women? In *Why Smart Men Marry Smart Women*, Christine B. Whelan shatters the myth that high-achieving women are at a disadvantage in the marriage market. There's good news for the millions of American SWANS (Strong Women Achievers, No Spouse): that today's smart, successful women marry at the same rates as all other women -- and that more income and education may in fact increase a woman's chances of marriage. What's more, as Dr. Whelan shows through newly released U.S. Census data, a large-scale Harris Interactive survey commissioned especially for this book, plus extended interviews conducted in cities nationwide, this profound demographic shift shows every sign of progressing. That means that the "success penalty" that has endured for generations is, as soon as 2010, destined for the history books. Accomplished daughters, sisters, and friends (not to mention their mothers) can finally stop worrying that the twin pinnacles of personal and professional happiness are inherently unattainable. In fact, smart men do marry SWANS. Ninety percent of high-achieving men surveyed want a woman who is as intelligent or more intelligent than they are. And two-thirds of men said they believed smart women make better mothers. Pairing cutting-edge research with sound advice, Dr. Whelan brings to mind what smart women everywhere have long known in their hearts: that the goal is not just to get married, but to have a good marriage, and to lead a fulfilled life.

Women Who Lead Janel Keating 2022-05-24 Get motivated by this collection of voices from women in leadership and their allies. Janel Keating and Jasmine K. Kullar gather a wide variety of educational leaders to focus on effective leadership practices as they relate to women, the roadblocks and complications women face in professional advancement, and strategies for lifting off the sticky floor and breaking the glass ceiling. Aspiring educational leaders and current leaders seeking professional growth will: Gain insight into the unique challenges faced by women in education as well as strategies for overcoming them Focus on the importance of mentoring and building up the next generation of female leaders Obtain tools to better advocate and self-market for the next career move Receive compassionate advice on implementing self-care strategies to avoid teacher burnout Cultivate confidence in women's leadership and advance successful schools Contents: Foreword Introduction Chapter 1: Cultivating the Leadership of Confidence Chapter 2: Facing Change Chapter 3: Leading With Compassion and Insight Chapter 4: Looking out the Window and in the Mirror Chapter 5: Rising Through the Ranks Chapter 6: Braving Difficult Conversations Chapter 7: Seeking Mentorship and Sharing Your Expertise Chapter 8: Preparing for Promotion Chapter 9: Taking Care of Yourself Chapter 10 Learning From Women Leaders

Swapping Housewives Vashti Murphy McKenzie 2007-06-01 McKenzie uses the biblical stories about Jacob, Rachel, and Leah to explore subjects such as intimacy; stages of love; communication; adult sibling rivalry; jealousy; envy; and love at first sight. In this clever work, McKenzie introduces Aunt Agony, an unofficial expert on everything who shares her wit and wisdom in each chapter.

The Wild Woman's Way Michaela Boehm 2021-11-09 "As pragmatic as it is compassionate, this intimate, humorous, and ultimately relaxing invitation to re-wild yourself, stripping away all that is not your true nature, will leave you inspired and curious to discover the wild woman within" (Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*). For the high-achieving modern woman today, having a successful career, a fulfilling romantic relationship, and a satisfying personal life can feel like opposing goals. It has even become difficult to take the time to enjoy the simple pleasures in lives. We are stuck in "go-mode," damaging our romantic relationships, pleasure, and creativity. But what if there were a way to experience the simplest pleasures of our lives on a

deeper level, freeing the body and psyche from these destructive patterns? Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine "body intelligence." By embodying this archetype and using tantra—not just in the bedroom, but also to build intimate connections to our senses and physical movements—we can break harmful psychological patterns. In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure.

Tripping the Prom Queen Susan Shapiro Barash 2007-04-01 *Tripping the Prom Queen* is a groundbreaking investigation into the dark secret of female friendship: rivalry. Susan Shapiro Barash has exploded the myth that women help one another, are supportive of one another, and want each other to succeed. Based on interviews with women across a broad social spectrum, she has discovered that the competition between women is more vicious precisely because it is covert. She tells us: * Why women can't and won't admit to rivalry. * How women are trained from an early age to compete with one another. * In which areas women most heatedly compete. * How rivalry is different among women than among men. * The differences between competition, envy, and jealousy. * When competition is healthy and when it isn't. * Why women find it irresistible to "trip the prom queen." * Useful strategies to stop the competition and forge a new kind of relationship with other women. Whether you've tripped the prom queen or been tripped yourself, you will discover an engrossing exploration of this female phenomenon, as well as a beacon of hope for better, more fulfilling relationships.

Leading Women Who Wound Sue Edwards 2009-02-01 As more churches add women's ministry programs, there is a growing need to address the issues that naturally arise as women minister alongside one another and to one another. Given the fallen nature of the human heart as well as the complexities of personalities, conflict is an inevitable aspect of ministry. How do women deal with emotions when other women are insensitive, manipulative, or just plain mean? What does the Bible tell us? To be equipped for conflict, women must understand and master strategies specifically related to conflict with other women. *Leading Women Who Wound* shows women how to effectively deal with conflict within their ministries. Seasoned women's ministry leaders themselves, Sue Edwards and Kelley Mathews walk through several different aspects of conflict resolution including self examination, identification of potential sources of conflict, tools for conflict resolution, and insight on how to prevent and move beyond conflict to minister to those who have been sources of contention. Recognizing that not all conflict results in a happy ending, *Leading Women Who Wound* gives the tools necessary to minister effectively and move forward with integrity.

Not Without a Struggle Vashti M. McKenzie 2011-12-01 With an updated introduction, epilogue and McKenzie's 10 Commandments for African American Women in Ministry, *Not Without a Struggle* provides a cogent historical, theological, and biblical overview of women's leadership in the church. Building models of ministry that promote fellowship, support, and an environment conducive to learning and dialogue among peers and mentors, the author forges a new partnership among African American men and women.

The Girl's Guide to Absolutely Everything Melissa Kirsch 2006-01-01 Brings together survival tips, suggestions, and information on everything from diet and exercise, home decorating, and career to retirement planning, Internet dating, and family relationships.

Best Friends at the Bar Susan Smith Blakely 2009-11-17 *Best Friends at the Bar: What Women Need to Know about a Career in the Law* addresses the realities of law firm practice, especially in large firms, and gives pre-law students, law students, and new attorneys a realistic view of the opportunities and challenges most often encountered by women lawyers. Drawing on her many years of practicing law and mentoring young lawyers and with the help of other women in all areas of the legal profession, her "best friends at the bar", Susan Smith Blakely strives to help young women entering the legal profession begin their careers with open eyes and a more level playing field than women lawyers of past generations. This concise paperback, which is written in a direct, personal tone that instantly engages the reader Explores the experiences of the author and more than 60 private and public sector attorneys, judges, law school career counselors, and law firm managing partners who address a wide variety of issues as trustworthy mentors Candidly speaks to the issues women face in law firm practice and provides invaluable advice for planning enduring and satisfying careers in the law Critically addresses business, cultural, and personal conditions and offers strategies for dealing with them, including how to manage expectations in the context of actual job conditions and the dynamics of personal/professional life struggles Full of helpful advice from attorneys, judges, law school career counselors, and law firm managing partners with wide and varied experiences, this book will be an invaluable resource to any woman planning a career in the law.

Women's Health 2006-06 *Women's Health* magazine speaks to every aspect of a woman's life including health, fitness, nutrition, emotional well-being, sex and relationships, beauty and style.

Memoirs of an Ex-Prom Queen Alix Kates Shulman 2007-03-06 A sardonic portrayal of one white, middle-class Midwestern girl's coming-of-age, this novel takes a wry and prescient look at a range of experiences treated at the time as taboo or trivial.

Love's Refraction Jillian Deri 2015-03-27 Popular wisdom might suggest that jealousy is an inevitable outcome of non-monogamous relationships. In *Love's Refraction*, Jillian Deri explores the distinctive question of how and why polyamorists – people who practice consensual non-monogamy – manage jealousy. Her focus is on the polyamorist concept of "compersion" – taking pleasure in a lover's other romantic and sexual encounters. By discussing the experiences of queer, lesbian, and bisexual polyamorous women, Deri highlights the social and structural context that surrounds jealousy. Her analysis, making use of the sociology of emotion and feminist intersectionality theory, shows how polyamory challenges traditional emotional and sexual norms. Clear and concise, *Love's Refraction* speaks to both the academic and the polyamorous community. Deri lets her interviewees speak for themselves, linking academic theory and personal experiences in a sophisticated, engaging, and accessible way.

You're Grounded Forever...But First, Let's Go Shopping Susan Shapiro Barash 2010-09-28 Susan Shapiro Barash's provocative new book examines the most difficult challenges any woman faces when raising daughters. Sample chapters include: • What color would you like that Prada bag in? (material indulgence) • Do you need to be eating that? (fixations on food and weight) • Of course you can drink when you're home with me (loose boundaries and rules) • I know she's your friend but... (underestimating female friendships) • I'll just say you aren't feeling well (making excuses) • And much more.