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Nice Girls Don't Get the Corner Office Mar 27 2022 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: Multitasking. 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.

Men Don't Love Women Like You! Jan 31 2020 Most men don't want you, they want to f**k you, know the difference. Most men don't love you, they love what you do for them, know the difference. *Men Don't Love Women Like You!* is a Step-By-Step manual on how to stop manipulation, command attention, and be seen as a must have by any man! ***** You are the type of woman that men grow bored with and replace. Your beauty, your brains, your perceived uniqueness is hype. In your bias world, a man would be lucky to have a woman like you because you aren't like every other female. The brutal truth that we men refuse to tell you, is that you are painfully typical. You flirt like every other woman. You hold the same conversations as every other woman. You read the same typical relationship advice and try the same tricks as every other woman. All because you are obsessed with being loved like every other woman. Men play along but they don't play for long. You are the woman we date and then dump. Sleep with then forget. Get into a relationship with, then eventually grow bored of. You will never work out because you don't stand out! The men you want the most, want you the least because you are just as ordinary as the women you claim to be better than. No man is hard to figure out. No man is emotionally unavailable. No man is unready to settle

down. When a man tells you he's not looking for anything serious, he means "with you!" There are two types of women The Placeholder & The Game Changer. You are The Placeholder, that girl who fills a man's needs until The Game Changer arrives. A man will date you, sleep with you, even enter into a relationship, but you are not what he really wants. You are a practice woman, preparing him for his future wife. Aren't you tired of being just another seat filler? Will you become yet another mediocre woman that ends up settling for average because great men don't see her as anything special? Or are you ready to Spartan Up and learn how to become his Game Changer... Men Don't Love Women Like You, is a brutally honest manual that will transform you from typical to priceless. The secrets in this book will guide you step by step as you learn what men think, how to counter their Bullsh*t, and the exact ways to turn the table in your favor. No matter who the man is, how young, old, rich, or popular he may be, this book will show you how to attain power over him. From the first meeting to the first date. From a new relationship hitting its first bump to an old relationship on its last legs. You will learn to dominate men in ways you never dreamed of. You will become what you were always meant to be A Goddess in the flesh. Typical bitches get Typical results! Empowered women get powerful results! Open this book and learn how to get away with Pu\$\$y Power at a level never before seen and change your life.

French Women Don't Get Fat Nov 03 2022 Experience the joie de vivre with this revolutionary non-diet book that is changing the way women eat and live everywhere How do French women do it? This is the book that unlocks the simple secrets of 'the French paradox' - how to enjoy food and stay slim and healthy. Classy, chic and expertly well-written, this is the book that we have all been waiting for. It's the ultimate non-diet book; instead, showing how to eat with balance, control and above all pleasure. Eat, like a French woman.

Invisible Women Dec 12 2020 *THE SUNDAY TIMES NUMBER ONE BESTSELLER* *OVER HALF A MILLION COPIES SOLD* 'HELL YES. This is one of those books that has the potential to change things - a monumental piece of research' Caitlin Moran Imagine a world where... · Your phone is too big for your hand · Your doctor prescribes a drug that is wrong for your body · In a car accident you are 47% more likely to be injured. If any of that sounds familiar, chances are you're a woman. From government policy and medical research, to technology, workplaces, and the media. Invisible Women reveals how in a world built for and by men we are systematically ignoring half of the population, often with disastrous consequences. Caroline Criado Perez brings together for the first time an impressive range of case studies, stories and new research from across the world that illustrate the hidden ways in which women are forgotten, and the profound impact this has on us all. Discover the shocking gender bias that affects our everyday lives as discussed in Caroline's new podcast, Visible Women. 'A book that changes the way you see the world' Sunday Times 'Revelatory, frightening, hopeful' Jeanette Winterson

The French Women Don't Get Fat Cookbook Sep 20 2021 In her first ever cookbook, Mireille Guiliano provides her millions of readers with the recipes that are the cornerstone of her philosophy-mouthwatering, simply prepared dishes that favour fresh, seasonal ingredients and yield high satisfaction. Organised around Mireille's three favourite pastimes-breakfast, lunch, and dinner-these recipe emphasise pure flavour, balanced ingredients and easy cooking methods. Eating pleasurably is just as important as eating healthfully, and Mireille devotes chapters to dessert and chocolate (essential components of any Frenchwoman's diet) and incorporates advice on entertaining, menu planning, and wine selection.

13 Things Mentally Strong Women Don't Do Jan 13 2021 The emergence of the #MeToo and #TimesUp movements have awakened society and encouraged women to find their voice and claim back their power. Contending with a host of difficult issues that demand psychological strength - in this crucial book, prominent psychotherapist and licensed clinical social worker Amy Morin gives women the techniques to build mental muscle in 13 steps. Delving into critical issues like sexism, social media, social comparison, and social pressure, Amy offers thoughtful, intelligent advice, practical tips, and specific strategies; combining them with her personal experiences, stories from former patients, and both well-known and untold examples from women from across industries and

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pop culture. Throughout, she explores the areas women - and society at large - must focus on to become (and remain) mentally strong. Amy reveals that healthy, mentally tough women don't insist on perfection; they don't compare themselves to other people; they don't see vulnerability as a weakness; they don't let self-doubt stop them from reaching their goals. Insightful, grounded, and extremely timely, **13 THINGS MENTALLY STRONG WOMEN DON'T DO** can help every woman flourish - and Amy will take readers on this journey with her, every step of the way.

The Subjection of Women Aug 27 2019 "The object of this essay is to explain as clearly as I am able, the grounds of an opinion which I have held from the very earliest period when I had formed any opinions at all on social or political matters, and which, instead of being weakened or modified, has been constantly growing stronger by the progress of reflection and the experience of life: That the principle which regulates the existing social relations between the two sexes- the legal subordination of one sex to the other- is wrong in itself, and now one of the chief hindrances to human improvement ; and that is ought to be replaced by a principle of perfect equality, admitting no power or privilege on the one side, nor disability on the other."--Page 1.

The Paula Principle Jul 27 2019 An expert on innovation and work argues that many highly capable women are not being recognised, and that this harms businesses, societies, and individuals alike. Whereas *The Peter Principle*, a four-million-copy bestseller from the 1960s, argued that most (male) workers will inevitably be promoted to one level beyond their competence, Tom Schuller shows how women today face the opposite scenario: their skills are being wasted as they work below their competence levels. Schuller blends interviews and case studies with examples drawn from literature and popular culture to examine how attitudes have changed, from the advent of higher education for women in the 19th century to female dominance at all academic levels today. He also reveals how this has translated — or failed to translate — into the lived experiences and careers of professional women, whether they are nursery workers, council employees, journalists, or oil company executives. Engrossing and full of everyday insights into how gender impacts on working life, *The Paula Principle* is a well-reasoned analysis of the obstacles that many women face, and a call for us to challenge them on a personal, organisational, and societal level. PRAISE FOR TOM SCHULLER '[Schuller's] passion for social justice is stamped on every page of a study whose clarity and well researched insights are captivating.' *The Times Higher Education* 'The path to equality thus far has involved women converging on traditionally male employment patterns, Schuller argues: now is the time for men to move towards traditionally female ones — to improve equality and work-life balance, and to make better use of our resources.' Prospect

Why Men Don't Listen and Women Can't Read Maps Jun 17 2021 Have you ever wished your partner came with an instruction booklet? This international bestseller is the answer to all the things you've ever wondered about the opposite sex. For their controversial new book on the differences between the way men and women think and communicate, Barbara and Allan Pease spent three years traveling around the world, collecting the dramatic findings of new research on the brain, investigating evolutionary biology, analyzing psychologists, studying social changes, and annoying the locals. The result is a sometimes shocking, always illuminating, and frequently hilarious look at where the battle line is drawn between the sexes, why it was drawn, and how to cross it. Read this book and understand--at last!--why men never listen, why women can't read maps, and why learning each other's secrets means you'll never have to say sorry again.

Japanese Women Don't Get Old Or Fat Jul 31 2022 Presents the Japanese approach to diet and nutrition in a guide to good eating that offers recipes with an easy approach to a healthier, slimmer, and longer life, without counting calories or carbohydrates.

Cats Don't Chase Dogs Jan 01 2020 In today's world of online dating, social media, texting, and ghosting, navigating through the treacherous world of dating and relationships has become more confusing than ever. Kara King's controversial dating advice book *Cats Don't Chase Dogs* discusses how women can use the wisdom of the feline to live an amazing life as a woman, while simultaneously being the type of woman that captivates men and maneuvers through dating and relationships with ease. In this book you'll discover... How to stop being a doormat and start thinking

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like a goddess. How to influence and persuade men subconsciously. How to present yourself in a way that makes men beg for commitment. How to stop stressing over men and start obtaining quality relationships. How "MANipulations" prevent women from living their best lives and what you can do to escape their grip. How to be the type of woman who encourages a man to be his best self, and how this feminine influence helps change the world for the better! Learn these lessons and more by embracing the wisdom of the feline and applying this wisdom to your life as a woman. Kara King's dating advice books have empowered women around the world by dramatically empowering their lives and relationships by changing the way they think about men and dating... and it can change your life too! **DISCLAIMER:** This book contains strong language, sexual content, and subject matter that may be offensive to some readers.

[French Women for All Seasons](#) Nov 22 2021 From the author of *French Women Don't Get Fat*, the #1 National Bestseller, comes an essential guide to the art of joyful living—in moderation, in season, and, above all, with pleasure. Together with a bounty of new dining ideas and menus, Mireille Guiliano offers us fresh, cunning tips on style, grooming, and entertaining. Here are four seasons' worth of strategies for shopping, cooking, and exercising, as well as some pointers for looking effortlessly chic. Taking us from her childhood in Alsace-Lorraine to her summers in Provence and her busy life in New York and Paris, this wise and witty book shows how anyone anywhere can develop a healthy, holistic lifestyle.

F*ck Him! - Nice Girls Always Finish Single - A Guide for Sassy Women Who Want to Get Back in Control of Their Love Life Sep 28 2019 *The MANipulator Manual: Keep Your Man Interested and Begging for More Without Playing Games* Let me start off by explaining I am in no way talking about the sexual act. F*ck him in this case is not physical, it's mental. So many women get in trouble in their love lives, and 99.9 percent of that trouble could have been avoided if they'd said, "Well, f*ck him!" a bit more often. Too many women are way too nice and compliant to their men, especially when these men don't deserve that kind of treatment. And yet, every woman I've ever met tries to not be needy or wear her heart on her sleeve. She simply wants to protect her feelings. Nevertheless, most women I've coached have had men seem very interested only to disappear suddenly. These women are left standing in the dark. Once the guy vanishes, they often find out it's easier to get the President of the United States on the phone than the man who seemingly really liked them...just not enough to stick around. This should stop. I, as a dating coach and author of books for women who want to get men, cannot take it anymore. You deserve better. This is not your fault. It's his! He needs to learn to be much more transparent and upfront. That said, we both know most men won't change. We can lead a horse to water, but we can't make it drink. Or can we? What if there was a way to change a guy's behavior? What if you could get into his head and take over the driver's wheel? What if you could make him do more of the things that you appreciate and need and less of the bad behaviors you dislike? At first, this might seem impossible. Nevertheless, I'm sure you've already met women who are good at manipulating their men. Enter the high-value woman. You know her. You've seen her. She's the woman who always has great men drooling over her. It's the woman you see getting all the attention. You often wonder, "How does she do it? What do they see in her? What does she know that I don't?" You might have even complained to your girlfriends that men just don't seem to notice what a catch you are. Your girlfriends may have even said, "He doesn't know what he's missing." What if you could make him see it? When you look at these high-value women who get their way with men, it might have surprised you that their looks don't seem to matter. The high-value woman can be great looking, average looking, or even bad looking. It doesn't matter. She knows her way around men. She knows how to mentally f*ck them. Are you ready to implement her strategies? You'll see behavior you've never seen from him. He'll start to put in an effort that makes you feel like you're a queen because to him, you are. At first, it will be strange. If you've never truly been in control of a man, it might feel like riding a horse for the first time. But soon, it will make you feel all tingly inside. I'm not kidding. There's nothing more powerful than being in a relationship with a guy and having him do exactly what you want while he thinks it was his idea. (This is important, as you'll see. He needs to think he is the one in the driver's

seat, even though you actually are.) This book is not about becoming someone you're not or turning your boyfriend into a spineless manslave. It's about your empowerment, about taking back what's yours. No man should ever be able to play games with you, to take you for granted, to treat you even a tiny bit less than you deserve. By the time you've finished this book, this will all be part of your past. Are you ready? Then hit the buy button at the top of this page and start your high value woman journey right away!

French Women Don't Get Facelifts Feb 23 2022 In the natural sequel to her international bestseller *French Women Don't Get Fat*, Mireille Guiliano tackles the delicate subject of aging - showing how women of forty and beyond can 'attack' the upcoming decades with attitude and style. Witty, perceptive and bursting with Mireille's personal experiences, the book covers everything from skincare secrets and fashion tips to the role of relationships and the importance of relaxation. The path to aging elegantly lies in lifestyle choices and attitude adjustments rather than Botox and collagen fillers. After all, while American, Brazilian and Chinese women lead global cosmetic surgery figures, French women don't even make the Top Ten.

Why Men Don't Get Enough Sex and Women Don't Get Enough Love Mar 03 2020 Designed to open lines of communication and understanding between the sexes, explains how to eliminate unrealistic views of the opposite sex, how men can learn to be more romantic, and how women can express their needs

A Vindication of the Rights of Woman Jun 25 2019 Published in the year 1792, 'A Vindication of the Rights of Woman' is a long feminist essay by the renowned writer Mary Wollstonecraft. Written with a very strong take on women's rights, this essay has till date been read, appreciated by students teachers and scholars. It has been creating strong roots for feminism world wide.

Getting Even Dec 24 2021 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.

You Just Don't Understand Mar 15 2021 From the author of New York Times bestseller *You're Wearing That?* this bestselling classic work draws upon groundbreaking research by an acclaimed sociolinguist to show that women and men live in different worlds, made of different words. Women and men live in different worlds...made of different words. Spending nearly four years on the New York Times bestseller list, including eight months at number one, *You Just Don't Understand* is a true cultural and intellectual phenomenon. This is the book that brought gender differences in ways of speaking to the forefront of public awareness. With a rare combination of scientific insight and delightful, humorous writing, Tannen shows why women and men can walk away from the same conversation with completely different impressions of what was said. Studded with lively and entertaining examples of real conversations, this book gives you the tools to understand what went wrong -- and to find a common language in which to strengthen relationships at work and at home. A classic in the field of interpersonal relations, this book will change forever the way you approach conversations.

Wild Women Never Get the Blues Nov 10 2020

The Turnaway Study Nov 30 2019 "Now with a new afterword by the author"--Back cover.

Pain and Prejudice May 05 2020 An incredibly important and powerful look at how our culture treats the pain and suffering of women in medical and social contexts. A polemic on the state of women's health and healthcare. One in ten women worldwide have endometriosis, yet it is funded at 5% of the rate of diabetes; women are half as likely to be treated for a heart attack as men and twice as likely to die six months after discharge; over half of women who are eventually diagnosed with an autoimmune disease will be told they are hypochondriacs or have a mental illness. These are just a few of the shocking statistics explored in this book. Fourteen years after being diagnosed with endometriosis, Gabrielle Jackson couldn't believe how little had changed in the treatment and knowledge of the disease. In 2015, her personal story kick-started a worldwide investigation into the disease by the Guardian; thousands of women got in touch to tell their own stories and many more

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read and shared the material. What began as one issue led Jackson to explore how women - historically and through to the present day - are under-served by the systems that should keep them happy, healthy and informed about their bodies. *Pain and Prejudice* is a vital testament to how social taboos and medical ignorance keep women sick and in anguish. The stark reality is that women's pain is not taken as seriously as men's. Women are more likely to be disbelieved and denied treatment than men, even though women are far more likely to be suffering from chronic pain. In a potent blend of polemic and memoir, Jackson confronts the private concerns and questions women face regarding their health and medical treatment. *Pain and Prejudice*, finally, explains how we got here, and where we need to go next.

Nice Girls Don't Get Rich Jan 25 2022 With the same frank advice and empowering information that made *Nice Girls Don't Get Rich* the *Comer 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.

French Women Don't Get Facelifts Jun 29 2022 The author of the bestselling *French Women Don't Get Fat* shares the secrets and strategies of aging with attitude, joy, and no surgery. With her signature blend of wit, no-nonsense advice, and storytelling flair, Mireille Guiliano returns with a delightful, encouraging take on beauty and aging for our times. For anyone who has ever spent the equivalent of a mortgage payment on anti-aging lotions or procedures, dressed inappropriately for their age, gained a little too much in the middle, or accidentally forgot how to flirt, here is a proactive way to stay looking and feeling great, without resorting to "the knife"-a French woman's most guarded beauty secrets revealed for the benefit of us all!

Women Have All the Power-- Oct 10 2020 Argues that women have given up their control in relations with men through lower standards and compromised values, and challenges women to regain their power by evaluating their behavior and taking responsibility for their choices.

The French Women Don't Get Fat Cookbook May 29 2022 Shares recipes that reflect the author's philosophies about simple preparation, seasonal ingredients, and satisfying flavors, providing complementary recommendations for entertaining, menu planning, and wine selection.

Cavewomen Don't Get Fat Jul 19 2021 Hundreds of thousands of years of evolutionary history can't be wrong! French women don't get fat, and neither did cave women according to this clever new back-to-basics diet book that promotes a "protein-rich, hormone-balancing and detoxifying diet that helps women to build muscle, catalyze fat loss, and feel gorgeous fast." Strong is the new skinny, and respected health and wellness expert Esther Blum is unafraid to bring her readers a diet that will make them strong instead of just hungry. Losing weight may seem like a modern concept, but the solution is ancient: a natural diet of lean protein and vegetables and minimal processed starches. *Cavewomen Don't Get Fat* is a healthy, nutritious diet that makes you stronger, not weaker, and gives women tools to build a body that not only looks great, but also works better than

ever.

French Women Don't Get Fat Sep 01 2022 The #1 national bestseller that launched a fabulous French Revolution about how to approach healthy living: the ultimate non-diet book—now with more recipes. French women don't get fat, even though they enjoy bread and pastry, wine, and regular three-course meals. Unlocking the simple secrets of this “French paradox”—how they enjoy food while staying slim and healthy—Mireille Guiliano gives us a charming, inspiring take on health and eating for our times. For anyone who has slipped out of her Zone, missed the flight to South Beach, or accidentally let a carb pass her lips, here is a positive way to stay trim, a culture's most precious secrets recast for the twenty-first century. A life of wine, bread—even chocolate—without girth or guilt? Pourquoi pas?

French Women Don't Get Facelifts Apr 27 2022 The author of the bestselling *French Women Don't Get Fat* shares the secrets and strategies of aging with attitude, joy, and no surgery. With her signature blend of wit, no-nonsense advice, and storytelling flair, Mireille Guiliano returns with a delightful, encouraging take on beauty and aging for our times. For anyone who has ever spent the equivalent of a mortgage payment on anti-aging lotions or procedures, dressed inappropriate for their age, gained a little too much in the middle, or accidentally forgot how to flirt, here is a proactive way to stay looking and feeling great, without resorting to “the knife”—a French woman's most guarded beauty secrets revealed for the benefit of us all!

Why Women Don't Ask Jul 07 2020 Did you know that by failing to negotiate her starting salary for her first job, a woman may sacrifice over a half a million pounds in earnings by the end of her career? Yet, as research reveals, men are four times as likely to ask for higher pay than are women with the same qualifications. In this eye-opening book, Linda Babcock and Sara Laschever draw on research in psychology, sociology, economics and organisational behaviour as well as dozens of interviews to explore the personal and societal reasons why women seldom ask for what they need, want and deserve at work and at home. *Why Women Don't Ask* - a sensation when published in the US in 2003 - is a call to arms that will help you recognise the ways in which our culture perpetuates inequalities - and how you can begin to overcome them.

How to Talk to Women Aug 08 2020 Discover How to Master the Art of Conversation, Effortlessly Engage and Deeply Connect with Women and Dramatically Improve Your Dating Life! Tired of freezing up when in close proximity to an attractive woman you'd like to talk to? Do you often run out of things to say when talking with a woman, only to watch her slowly lose interest? If you want to stop all these in your life, then keep reading... Learning how to effortlessly talk to women and getting them to open up to you is a skill that so few men have and can open up a world that you never knew existed. Women are more likely to do you favors and even date you if you know how to properly connect with them. And it doesn't have to be difficult. In this powerful guide, Ray Asher condenses his years of struggles, trials and errors and his eventual discovery of the secrets of deeply connecting with women using the power of conversation to help you bring the kind of women you desire into your life. *How to Talk to Women*, the only book you'll ever need to connect with women on a level she'd never experienced before. Here's a taste of what you'll discover inside *How to Talk to Women* The 4 surefire conversational topics that are universally engaging to women 5 foolproof ways to have memorable conversations with women Simple tips to help you avoid turning off a woman with “mansplaining” An effective conversational template that you never run out of things to say 10 powerful listening tips to make a woman feel completely understood by you Effortless ways to get her to discuss sexual topics with you How to get past the small talk and get into a deep conversation with a woman 6 topics to avoid like the plague when in a conversation with a woman you're interested in How to tell an insanely good story that will have her hanging onto your every word Pro tips to help you smoothly ask for her digits And much, much more... Whether you're completely clueless when it comes to women, or you're looking to sharpen your conversational skills with them, this guide will get you started on the way to a more charming, attractive version of yourself. ** FAST ACTION FREE Bonus: Get a simple and powerful resource that will help you easily understand, quickly recall and immediately practice all your newfound knowledge and skills, even if

you have severe gynophobia or are an introvert! ** If you're ready to finally learn how to effortlessly talk to and attract women without breaking a sweat and say goodbye to overwhelming shyness, now is the time. So, what are you waiting for? Scroll up to the top of this page and pick up your copy now by clicking the "BUY NOW" button!

Women Don't Ask Feb 11 2021 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.

Lean In Sep 08 2020 Sheryl Sandberg's *Lean In* is a massive cultural phenomenon and its title has become an instant catchphrase for empowering women. The book soared to the top of bestseller lists internationally, igniting global conversations about women and ambition. Sandberg packed theatres, dominated opinion pages, appeared on every major television show and on the cover of *Time* magazine, and sparked ferocious debate about women and leadership. Ask most women whether they have the right to equality at work and the answer will be a resounding yes, but ask the same women whether they'd feel confident asking for a raise, a promotion, or equal pay, and some reticence creeps in. The statistics, although an improvement on previous decades, are certainly not in women's favour - of 197 heads of state, only twenty-two are women. Women hold just 20 percent of seats in parliaments globally, and in the world of big business, a meagre eighteen of the Fortune 500 CEOs are women. In *Lean In*, Sheryl Sandberg - Facebook COO and one of *Fortune* magazine's Most Powerful Women in Business - draws on her own experience of working in some of the world's most successful businesses and looks at what women can do to help themselves, and make the small changes in their life that can effect change on a more universal scale.

The French Diet Oct 22 2021 Learn what, when, and how to eat in order to reap the benefits of the French diet and lifestyle:-Phase I: the easy-to-follow rapid-weight-loss plan-Phase II: how to maintain the loss and stabilize your weight-Why the low-calorie diet is a myth-Eat chocolate and cheese and drink wine!-Over 60 delicious French and Mediterranean recipes-Clever tactics for social eating the French way-Fail-safe strategies for getting back on track after a lapse-Specific advice for women who have difficulty losing weight'The Montignac method has become widely known as 'the right carb and the right fat' diet. It is the only diet that leads to dramatic weight loss for good . . . No sacrifices have to be made. Each day, you will realize with great pleasure how satisfying this new diet is.' Michel Montignac Montignac's dieting methods have helped countless people around the world achieve impressive and long-lasting weight-loss results-as well as reduce their cholesterol and risk for developing cardiovascular disease and type 2 diabetes.

How Can I Get Through to You? Aug 20 2021 "What happened to the passion we started with? Why aren't we as close as we used to be?" PROBLEM: If you are a woman who is unfulfilled in your marriage...if you feel unheard or overburdened...if you quietly live in a state of slow-burn resentment... PROBLEM: If you are a man unhappy that your partner seems so unhappy with you...if you feel bewildered, unappreciated, or betrayed... This book offers a solution Bestselling author and nationally renowned therapist Terrence Real unearths the causes of communication blocks between men and women in this groundbreaking work. Relationships are in trouble; the demand for intimacy today must be met with new skills, and Real -- drawing on his pioneering work on male depression -- gives both men and women those skills, empowering women and connecting men, radically reversing the attitudes and emotional stumbling blocks of the patriarchal culture in which we were raised. Filled with powerful stories of the couples Real treats, no other relationship book is as straight talking or compelling in its innovative approach to healing wounds and reconnecting

partners with a new strength and understanding.

Why Men Don't Get Enough Sex and Women Don't Get Enough Love Apr 15 2021 He wants more sex; she wants more love. A familiar complaint but just what is it that stops men and women understanding each other's emotional and physical needs and having a happier relationship into the bargain? This book shows couples how they can really come to understand each other: share intimate thoughts, spend more fun time together and find out how to have frequent, satisfying sex.

The 8-Week Blood Sugar Diet Recipe Book Jun 05 2020 'The diet that could save your life.' - The Times 'A brilliant book if you have type 2 diabetes or you don't want to get it.' - Jeremy Vine, BBC Radio 2 ****AS SEEN ON CHANNEL 4**** Dr Michael Mosley's No 1 bestselling 8-week Blood Sugar Diet revealed a game-changing approach to weight loss that not only lowers blood sugar levels, but can also reverse and prevent type 2 diabetes. In this fabulous companion cookbook, Dr Clare Bailey, GP and wife of Michael Mosely, has teamed up with renowned nutritionist Dr Sarah Schenker to create a collection of low-cal, low-carb recipes, all expertly balanced and easy to make. They range from quick breakfasts to deliciously satisfying supper and follow the Mediterranean style of eating now proven to revolutionise your health. Whether you are embarking on the full 8-week diet plan to reverse your diabetes or simply looking to keep your blood sugar levels in check, this book will help you lose weight and change the way you eat for ever. Average weight loss: 14kg in 8 weeks "I feel amazing. I have been given another chance at life." Cassie, 28, lost 20kg

Nice Girls Just Don't Get It May 17 2021 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.

French Women Don't Get Fat Oct 02 2022 A gourmand's guide to the slim life shares the principles of French gastronomy, the art of enjoying all edibles in proportion, arguing that the secret of being thin and happy lies in the ability to appreciate and balance pleasures, not in deprivation, in a guide that includes inspirational true-life stories, simple advice, and dozens of delectable recipes. Reprint.

The Authority Gap Apr 03 2020 *A WATERSTONES 'BEST POLITICAL BOOK OF THE YEAR'* *A TIMES 'BEST PHILOSOPHY AND IDEAS' BOOK OF 2021* *A GUARDIAN 'BEST POLITICS BOOKS OF THE YEAR'* 'A brilliant manifesto explaining why women are still so underestimated and overlooked in today's world, but how we can also be hopeful for change' - Philippa Perry 'An impassioned, meticulously argued and optimistic call to arms for anyone who cares about creating a fairer society' - Observer _____ Imagine living in a world in which you were routinely patronised by women. Imagine having your views ignored or your expertise frequently challenged by them. Imagine people always addressing the woman you are with before you. Now imagine a world in which the reverse of this is true. The Authority Gap provides a startling perspective on the unseen bias at work in our everyday lives, to reveal the scale of the gap that still persists between men and women. Would you believe that US Supreme Court Justices are interrupted four times more often than male ones... 96% of the time by men? Or that British parents, when asked to estimate their child's IQ will place their son at 115 and their daughter at 107? Marshalling a wealth of data with precision and insight, and including interviews with pioneering women such as Baroness Hale, Mary Beard and Bernadine Evaristo, Mary Ann exposes unconscious bias in this fresh feminist take on how to address and counteract systemic sexism in ways that benefit us all. Includes interviews with pioneering women such as: Baroness Hale Mary Beard Bernadine Evaristo Mary McAleese Julia Gillard Dolly Alderton and Pandora Sykes Cherie Blair Liz Truss Amber Rudd Frances Morris Laura Bates _____ 'Hugely exciting' - Emily Maitlis 'Deeply researched, profoundly thoughtful and a book very much for the here and now: Mary Ann Sieghart's The Authority Gap is the book she was probably born to write' - Andrew Marr 'At last here is a credible roadmap that is capable of taking women from the margins to the centre by bridging the authority gap that holds back even the best and most talented of women.' - Mary McAleese, Former President of Ireland

The Crystal Code Oct 29 2019 Our lives are pretty stressful, from the mountains of work emails to the never-ending life admin, finding time to see friends and family whilst still getting in those gym workouts, and why does everyone on Instagram have all this figured out. Working with crystals is a way to slow that frenetic world down, realign your intentions and find the inner calm we all seek. Some say that crystals are magic, but they're more than just magic. They have the power to reveal your truest self, the version of you that's been waiting to be seen and acknowledged. The Crystal Code explains how to harness the power of these awesome rocks, introducing us to seventy stones and their unique personalities. It will show you how to find the perfect crystals to empower and energize you and will teach you some easy rituals, meditations and crystallized self-care routines. Whether it's peacock ore to give you more confidence on that nerve-racking first date, white celestite to conquer anxiety or purple amethyst to help you feel centred, this is the ultimate guide to regaining control of your life and to feeling happier, healthier and more grounded.