

What's Holding You Back?

"This wonderful, adventuresome book encourages women to honor our ambitions – and shows us how to achieve our goals with clarity, competence and heart."

—Harriet Lerner, Ph.D.,
Author of
The Dance of Anger

8 CRITICAL
CHOICES
FOR
WOMEN'S
SUCCESS

Linda Austin, M.D.



Whats Holding You Back Eight Critical Choices For Womens Success

Debra Teachman



Whats Holding You Back Eight Critical Choices For Womens Success:

What's Holding You Back? Linda Gong Austin, 2009-04-29 After thirty years of feminism women continue to underachieve occupying only 10 percent of top level managerial or professional positions And significant achievement influential woman leaders and visionaries is rarer still The reason argues this bold and inspiring book lies in the self imposed psychological glass ceiling which influences every decision women make in their lives What s Holding You Back charts women s unique pathways to achievement and examines eight life defining choices that determine their ultimate level of accomplishment What's Holding You Back 8 Critical Choices For Women's Success Linda S. Austin, 2000-04-06 Drawing

on research studies interviews focus groups and experience as a practicing psychotherapist and radio talk show host Austin explains why so many women continue to underachieve after 30 years of feminism and proposes eight choices women make that determine their level of accomplishment Annotation copyrighted by Book News Inc Portland OR **Heart of the Matter** Linda Austin, 2003-05-06 Why is it that love seems to come easily to some people and not to others In her first book What s Holding You Back Eight Critical Choices for Women s Success Dr Linda Austin explored the psychological glass ceiling the emotional barriers that keep women from achieving career success This book is about a different kind of inner glass ceiling the one that holds you back from the heights of great love Dr Austin is convinced that there s nothing fundamentally wrong with those who have difficulty finding and keeping love BUT there may be specific behaviors that you engage in and specific behaviors that you do not engage in that have a profound impact on whether you find and keep love The good news Those behaviors can be learned practiced and eventually incorporated into your personality Dr Austin wants you to know that small adjustments in your outlook and actions can have enormous impact on your ability to get the love you want And in this perceptive highly original book she identifies the five core behaviors that determine your ability to have successful loving relationships as well as the patterns of behavior that can subtly sabotage those efforts The Core Behaviors 1 Engage with the World around You 2 Evaluate the Choices You Make for Love 3 Expand Your Safety Zone 4 Establish Emotional Independence 5 Evolve Consciously Willfully Healthily Heart of the Matter shows how these five essential practices can deepen and transform your ability to give and receive love and loyalty It explains how to make those small and specific changes that will have huge ripple effects on what happens to you in life and most important of all it demonstrates how to identify and use your strengths so that you can move toward the life and love you want so much Heart of the Matter reflects Dr Linda Austin s twenty five years as a psychiatrist assisting all sorts of people in their efforts to live more fully in the real world of loving human relationships Pragmatic and sensible this book is based on the conviction that each of us has the capacity to improve our ability to find and inspire love through specific behaviors So whether you re currently in a relationship or it s been so long since you ve dated that you think seeing someone refers to a psychiatrist Heart of the Matter can help you move toward that healthy loving relationship you want and so richly deserve **What's Holding You Back?**

Linda Gong Austin,2001-02-19 Austin writes about the glass ceiling that women unconsciously build in concert with external pressures against their achievements She identifies eight issues affecting women s ability to achieve Concrete plans sketch out actions for success to aid women at any level **Practical and Theoretical Implications of Successfully Doing Difference in Organizations** Donnalyn Pompper,2014-03-28 Practical and Theoretical Implications of Successfully Doing Difference in Organizations is a book for managers and researchers passionate about follow through on promises of workplace diversity across social identity dimensions including age class culture ethnicity faith gender physical psychological ability sexual orientation and more **You Are What You Risk** Michele Wucker,2021-04-06 The 1 international bestselling author of The Gray Rhino offers a bold new framework for understanding and re shaping our relationship with risk and uncertainty to live more productive and successful lives What drives a sixty four year old woman to hurl herself over Niagara Falls in a barrel Why do we often create bigger risks than the risks we try to avoid Why are corporate boards newly worried about risky personal behavior by CEOs Why are some nations quicker than others to recognize and manage risks like pandemics technological change and climate crisis The answers define each person organization and society as distinctively as a fingerprint Understanding the often surprising origins of these risk fingerprints can open your eyes inspire new habits catalyze innovation and creativity improve teamwork and provide a beacon in a world that seems suddenly more uncertain than ever How you see risk and what you do about it depend on your personality and experiences How you make these cost benefit calculations depend on your culture your values the people in the room and even unexpected things like what you ve eaten recently the temperature the music playing or the fragrance in the air Being alert to these often unconscious influences will help you to seize opportunity and avoid danger You Are What You Risk is a clarion call for an entirely new conversation about our relationship with risk and uncertainty In this ground breaking accessible and eminently timely book Michele Wucker examines why it s so important to understand your risk fingerprint and how to make your risk relationship work better in business life and the world Drawing on compelling risk stories around the world and weaving in economics anthropology sociology and psychology research Wucker bridges the divide between professional and lay risk conversations She challenges stereotypes about risk attitudes re frames how gender and risk are related and shines new light on generational differences She shows how the new science of risk personality is re shaping business and finance how healthy risk ecosystems support economies and societies and why embracing risk empathy can resolve conflicts Wucker shares insights practical tools and proven strategies that will help you to understand what makes you who you are and in turn to make better choices both big and small *Understanding Jane Eyre* Debra Teachman,2001-05-30 Immediately popular when published over a century and a half ago Jane Eyre has continued to find appreciative audiences since This student casebook offers a unique interdisciplinary approach to the study of Charlotte Bronte s landmark novel While it gives insightful literary analysis it also contextualizes the novel in terms of the historical social issues it confronts Expert commentary is supported

with primary documents from legal and medical treatises magazine articles letters essays and first hand accounts A personal biography written by Elizabeth Gaskell an acquaintance of Bronte offers a detailed account of the Cowan Bridge School which Charlotte attended and fictionalized in Jane Eyre Educators will find ideas for teaching these topics and for helping students see the connections between the novel and the social concerns it raises Devoted to close examination of such topics as the diagnosis and treatment of madness and inheritance and marriage law and custom this work will help students to understand historical cultural influences of yesterday Contemporary issues such as education and mental illness raised by Jane Eyre are also discussed Each section offers valuable ideas for written and oral exploration including role playing debates and journal writing assignments Chapters conclude with suggestions for further reading

Re-Thinking Gender, Equality and Development: Perspectives from Academia Anuradha R. Tiwary, Tarakeshwar Gupta, 2022-10-20 Since birth we have been ensnared in a gendered world Gender is so deeply ingrained in various aspects of our lives such as social political legal and economic institutions and the related actions ideas and aspirations that it appears natural As a result of gender defined roles and experiences gendered hierarchies get established It is crucial to re examine the fundamental issues of gender equality and development from a new perspective In doing so this volume puts aside what we are accustomed to and challenges some of our most fundamental assumptions and understandings It analyses gender not as a given but as a feat not just as the cause but also as a result and not only as a person but also as a society in order to expose and critique the processes that create or reassert the inevitability and naturalness of a gendered reality The book sketches the basic understanding of gender its construction perception of gender the process of identity formation and socialization and the kind of influence gender has on society This volume is a comprehensive resource that gives a new perspective on gender as a key organizing factor within society it unpacks the social construction of knowledge categories of difference and structures of power and inequality from the viewpoints of researchers and academicians Researchers teachers students and other groups interested in gender studies sociology law history and languages will find the book refreshingly handy in their inquiry The book is a collection of narratives empirical evidence and opinion papers along with systematic literature reviews around gender equality and development

Female Doctors in Canada Earle H. Waugh, Shirley Schipper, Shelley Ross, 2019-01-01 Female Doctors in Canada is an accessible collection of articles by experienced physicians and researchers exploring how systems practices and individuals must change as medicine becomes an increasingly female dominated profession As the ratio of practicing physicians shifts from predominately male to predominately female issues such as work hours caregiving and doctor patient relationships will all be affected Canada's medical education is based on a system that has always been designed by and for men this is also true of our healthcare systems influencing how women practice what type of medicine they choose to practice and how they wish to balance their personal lives with their work With the intent to open a larger conversation Female Doctors in Canada reconsiders medical education health systems and expectations in light of the

changing face of medicine Highlighting the particular experience of women working in the medical profession the editors trace the history of female practitioners while also providing a perspective on the contemporary struggles women face as they navigate a system that was tailored to the male experience and is yet to be modified *Powering Up* Anne Doyle, 2011-01-26

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