

By Lois P Frankel Nice Girls Dont Get The Corner Office 101 Unconscious Mistakes Women Make That Sabotage Their Careers

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*By Lois P Frankel Nice Girls Dont Get The Corner Office
 101 Unconscious Mistakes Women Make That Sabotage
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REEVES SASHA

Entrepreneur Kids: All About Money Nicholas Brealey Publishing

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.

Advice to My Younger Me: Career Lessons from 100 Successful Women Business Plus New York Times Bestseller ... #1 BusinessWeek Bestseller ... Wall Street Journal Bestseller • Pursue

Your Passions • Take Risks That Are Calculated, Not Crazy • Achieve “The 360° Life” • Make Your Life a Grudge-Free Zone • Orchestrate Your Own Success The bestselling guide to seizing opportunity in the workplace, from the woman at the pinnacle of the Hearst magazine empire Every woman dreams of having a wise, funny mentor who understands the challenges she faces. Now, Cathie Black—one of Forbes’s “100 Most Powerful Women” and Fortune’s “50 Most Powerful Women in Business”—offers invaluable lessons that will help you land the job, promotion, or project you’re vying for. You’ll find out how to handle interviews, which rules to break, and why you should make your life a grudge-free zone. Filled with surprisingly candid, personal stories and advice, this is the only career guide you’ll ever need.

Stop Sabotaging Your Career Harmony

From the acclaimed Printz Honor winner author Stephanie Hemphill comes this powerful fictionalized account of the Salem witch trials from the point of view of three of the real young women living in Salem in 1692. Ann Putnam Jr. is the queen bee. When her father suggests a spate of illnesses in the village is the result of witchcraft, she puts in motion a chain of events that will change Salem forever. Mercy Lewis is the beautiful servant in Ann's house who inspires adulation in some and envy in others. With her troubled past, she seizes her only chance at safety. Margaret Walcott, Ann's cousin, is desperately in love. She is torn between staying loyal to her friends and pursuing a life with her betrothed. With new accusations mounting against the men and women of the community, the girls will have to decide: Is it too late to tell the truth?

How Women Rise Chronicle Books

Tired of being at the mercy of the economy? Have you been downsized or are you keeping your head down, hoping that things will get better? This book will help you: *Transfer your current skills into a new career*Transition from employee to entrepreneur-even if you don't know where to start*Gain control over your life and have more financial freedom*Discover your purpose, follow your dreams and live a fulfilled life*Start over after a job at any age or stage in your career **The Myth Of The Nice Girl** Harper Collins

Hira Ali examines the myriad of challenges women face on their road to professional success, revealing the universal internal and external roadblocks that can impede a woman's climb to the top, regardless of her culture or geography. She empowers her readers with real solutions to help them break the glass ceiling. A go-to guide for career women.

See Jane Lead Crown Currency

Overcome the twelve habits holding you back and take your career to new heights with this wise and approachable guide from two business leadership experts. Ready to take the next step in your career . . . but not sure what's holding you back? Read on. Leadership expert Sally Helgesen and bestselling leadership coach Marshall Goldsmith have trained thousands of high achievers -- men and women -- to reach even greater heights. Again and again, they see that women face specific and different roadblocks from men as they advance in the workplace. In fact, the very habits that helped women early in their careers can hinder them as they move up. Simply put, what got you here won't get you there . . . and you might not even realize your blind spots until it's too late. Are you great with the details? To rise, you need to do less and delegate more. Are you a team player? To advance, you need to take credit as easily as you share it. Are you a star networker? Leaders know a network is no good unless you know how to use it. Sally and Marshall identify the twelve habits that hold women back as they seek to advance, showing them why what worked for them in the past might actually be sabotaging their future success. Building on Marshall's classic bestseller *What Got You Here Won't Get You There*, *How Women Rise* is essential reading for any woman who is ready to advance to the next level.

Think Like an Entrepreneur Penguin

Free yourself from toxic relationships with “the new gold standard in abuse recovery” from the founder of the Women’s Therapy Clinic (Jackson MacKenzie, author of *Whole Again*). Foreword by Lois P. Frankel, Ph.D., New York Times bestselling author of *Nice Girls Don’t Get the Corner Office* ARE YOU A VICTIM OF SUBTLE ABUSE? Are you always the one apologizing? Constantly questioning and blaming yourself? Do you often feel confused, frustrated, and angry? If you answered yes to any of these questions, you’re not alone. Nearly half of all women—and men—in the United States experience psychological abuse without realizing it. Manipulation, deception, and disrespect leave no physical scars, but they can be just as traumatic as physical abuse. In this groundbreaking book, Avery Neal, founder of the Women’s Therapy Clinic, helps you recognize the warning signs of subtle abuse. As you learn to identify patterns that have never made sense before, you are better equipped to make changes. From letting go of fear to setting boundaries, whether you’re gathering

the courage to finally leave or learning how to guard against a chronically abusive pattern, *If He’s So Great, Why Do I Feel So Bad?* will help you enjoy a happy, healthy, fulfilling life, free of shame or blame. “This book can open eyes for people who may have lost pieces of themselves along the way. Great examples and exercises. It is a companion from start to finish.” —Dr. Jay Carter, author of *Nasty People* “No-nonsense insights and practical ways to regain control of and empower your life.” —Dr. George Simon, international bestselling author of *In Sheep’s Clothing*

Nice Girls Don't Get Rich Crown Currency

An Amazon Best Business Book of 2018 Selected by Audible as the Best Business Book of 2018 Named “Best New Book” by People Magazine and Refinery29 Named a Most Anticipated Title of April 2018 by Bustle and Levo A Women@Forbes “Boss Moves Book Club” pick A candid guide for ambitious women who want to succeed without losing themselves in the process Fran Hauser deconstructs the negative perception of "niceness" that many women struggle with in the business world. If women are nice, they are seen as weak and ineffective, but if they are tough, they are labeled a bitch. Hauser proves that women don’t have to sacrifice their values or hide their authentic personalities to be successful. Sharing a wealth of personal anecdotes and time-tested strategies, she shows women how to reclaim “nice” and sidestep regressive stereotypes about what a strong leader looks like. Her accessible advice and hard-won wisdom detail how to balance being empathetic with being decisive, how to rise above the double standards that can box you in, how to cultivate authentic confidence that projects throughout a room, and much more. THE MYTH OF THE NICE GIRL is a refreshing dose of forward-looking feminism that will resonate with smart, professional women who know what they want and are looking for real advice to take their career to the next level without losing themselves in the process.

Girl Code Business Plus

Before you were told to "Lean In," Dr. Lois Frankel told you how to get that corner office. The New York Times bestseller, is now completely revised and updated. In this edition, internationally recognized executive coach Lois P. Frankel reveals a distinctive set of behaviors--over 130 in all--that women learn in girlhood that ultimately sabotage them as adults. She teaches you how to eliminate these unconscious mistakes that could be holding you back and offers invaluable coaching tips that can easily be incorporated into your social and business skills. Stop making "nice girl" errors that can become career pitfalls, such as: Mistake #13: Avoiding office politics. If you don't play the game, you can't possibly win. Mistake #21: Multi-tasking. Just because you can do something, doesn't mean you should do it. Mistake #54: Failure to negotiate. Don't equate negotiation with confrontation. Mistake #70: Inappropriate use of social media. Once it's out there, it's hard to put the toothpaste back in the tube. Mistake #82: Asking permission. Children, not adults, ask for approval. Be direct, be confident.

Trust Yourself Entrepreneur Press

From entry-level employees to senior executives, no one is exempt from career derailment.

According to internationally recognized business coach Dr. Lois Frankel, the most common sources of unexpected changes in career momentum are not your shortcomings but your strengths--an overdependence on the exceptional abilities that contributed to past success. It is the employee who exhibits the widest array of technical and interpersonal capabilities who will rise to the top. Now, in a guide for business people across all fields and professional levels, Dr. Frankel has identified the eight most effective strategies for overcoming career obstacles and becoming an invaluable member of any work environment. With self-tests and dozens of real world examples, STOP SABOTAGING YOUR CAREER helps readers identify their dominant professional behaviors and offers proven strategies to maximize their career potential--in spite of themselves.

Basic Black Grand Central Publishing

Popular leadership blogger gives the low-down on standing up for yourself In *Pushback*, top leadership consultant Selena Rezvani argues that self-advocacy is critical to success. Yet women initiate negotiations four times less often than men, resulting in getting less of what they want—promotion opportunities, plum assignments, and higher pay. This book shines a light on the real rules of holding your own and pushing back for what is rightfully yours. Drawing on interviews with high-level leaders, Rezvani offers readers in the first half of their career the unedited truth about how women have asked their way to the top and triumphed—and how you can too. Includes interviews with top business leaders such as Marie Chandoha, CEO of Charles Schwab Investment Management; Cindi Bigelow, President of Bigelow Tea Company; Fizzah Jafri, COO at Morgan Stanley; Rosemary Turner, President at UPS; and Irene Chang Britt, Chief Strategy Officer at Campbell’s Soup Offers a reliable and methodic approach to negotiating and navigating tough

conversations Highlights compelling facts and research from the world of psychology and leadership Insightful and accessible, *Pushback* is a timely resource for savvy women who want to leverage their skills, promote themselves effectively, and fast track their careers.

Her Way to the Top Business Plus

An honest and practical handbook that reveals important insights into relationships between men and women and work, *Play Like a Man, Win Like a Woman*, is a must-read for every woman who wants to leverage her power in the workplace. Women make up almost half of today's labor force, but in corporate America they don't share half of the power. Only four of the Fortune 500 company CEOs are women, and it's only been in the last few years that even half of the Fortune 500 companies have more than one female officer. A major reason for this? Most women were never taught how to play the game of business. Throughout her career in the super-competitive, male-dominated media industry, Gail Evans, one of the country's most powerful executives, has met innumerable women who tell her that they feel lost in the workplace, almost as if they were playing a game without knowing the directions. In this book, she reveals the secrets to the playbook of success and teaches women at all levels of the organization--from assistant to vice president--how to play the game of business to their advantage. Men know the rules because they wrote them, but women often feel shut out of the process because they don't know when to speak up, when to ask for responsibility, what to say at an interview, and a lot of other key moves that can make or break a career. Sharing with humor and candor her years of lessons from corporate life, Gail Evans gives readers practical tools for making the right decisions at work. Among the rules you will learn are: • How to Keep Score at Work • When to Take a Risk • How to Deal with the Imposter Syndrome • Ten Vocabulary Words That Mean Different Things to Men and Women • Why Men Can be Ugly, and You Can't • When to Quit Your Job

Brag! John Wiley & Sons

Discover the "must-listen for every smart, capable woman who wants to succeed"-a guide on how to communicate with maximum impact in the workplace that's the new book in the New York Times bestselling *Nice Girls Don't* series (Anne Fisher, Fortune.com). How many times have you asked yourself why you didn't speak up in a meeting? Or pushed for the raise you deserved? Or agreed to take on someone else's task because you didn't want to rock the boat? Whether the answer is once or ten times or more, the reason is the same: It's because you're a nice girl who goes along to get along. But staying quiet and being ignored are not paths to achievement. Now, in *Nice Girls Don't Speak Up or Stand Out*, Dr. Lois Frankel shows you how to be an effective communicator and advocate for yourself. From the basics of speaking up to navigating sticky situations and mastering the art of influencing others, this audiobook provides step-by-step advice using real-life examples and powerful tools such as: Be a broken record Choose powerful word Never say no Enlist advocates And many more -- in bonus materials for extra tools in your pocket Dr. Frankel chose the format of this new audio-first work carefully, with the mission of creating an interactive and impactful listen, interweaved with actionable recommendations, real-life anecdotes, and concrete examples of not only what to say in various scenarios, but how to say it. *Nice Girls Don't Speak Up or Stand Out* dives deeply into nearly one hundred everyday challenges women face related to communication. With Dr. Lois Frankel as your guide, you can learn how to express yourself confidently, courageously, and clearly -- and start taking charge of your career.

Ambition Redefined Little, Brown

"This is the playbook for how to get flexibility in your career." - Molly Beck, author, *Reach Out* and founder of *MessyBun.com* "Critical advice for women when the traditional office job doesn't fit family life." - Meredith Bodgas, Editor-in-Chief, *Working Mother* magazine "Sollmann advocates that we 'lean in' to what she aptly labels one's own personal measure of success, rather than a monolithic vision of the ideal career."-- Whitney Johnson, critically-acclaimed author, *Build an A Team and Disrupt Yourself*, *Thinkers50 Management Thinkers Ambition Redefined* is a timely alternative to current women's business books that define professional ambition and success as climbing the corporate ladder. In fact, this is not a path that all women want or should feel pressured to follow. Sollmann's focus is on the more critical and widespread workplace issue for everyday women -- to always work in a way that fits their lives alongside their two major caregiving roles: for children and aging parents. Sollmann debunks common assumptions such as: IT'S NOT "WORTH IT" UNLESS THE SALARY IS HIGH. Women forfeit up to 4X their salaries every year out of the workforce to care for children and/or elderly parents--and it does not take a six-figure salary to achieve long-term financial security. FINDING FLEXIBLE WORK IS IMPOSSIBLE. Sollmann shines a bright light on the ever-widening world of flexwork--where women can find

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

Women, Anger & Depression Harper Collins

Women around the world have responded to Cara Alwill Leyba's Girl Code with a resounding YES. Companies like Kate Spade and Macy's have brought her in to teach "the Code." Inc. magazine named Girl Code one of the "Top 9 Inspiring Books Every Female Entrepreneur Should Read" alongside Lean In, #Girlboss, and Thrive. A few years ago, I made a crazy claim in the first edition of Girl Code: that in today's competitive marketplace, the fiercest thing a female entrepreneur can do is to support other women. Something dynamic happens when women genuinely show up for each other. When we lose the facades, cut the bullsh*t, and truly have each other's backs. When we stop pretending everything is perfect, and show the messy, beautiful parts of ourselves and our work—which all look awfully similar. When we talk about our fears, our missteps, and our breakdowns. And most importantly, when we share our celebrations, our breakthroughs, and our

solutions. I'm convinced that there's no reason to hoard information, connections, or insight. Wisdom is meant to be shared, so let's start sharing what we've learned to make each other better. Let's start building each other up. Let's live up to our potential and start ruling the world. Girl Code is a roadmap for female entrepreneurs, professional women, "side hustlers" (those with a day job plus a part-time small business), and anyone in between. This book won't teach you how to build a multimillion-dollar company. It won't teach you about systems or finance. But it will teach you how to build confidence in yourself, reconnect with your "why," eradicate jealousy, and ultimately learn the power of connection. Because at the end of the day, that's what life and business are all about.

Volcanic Momentum: Get Things Done by Setting Destiny Goals, Mastering the Energy Code, and Never Losing Steam Piatkus Books

Discover the "must-listen for every smart, capable woman who wants to succeed"-a guide on how to communicate with maximum impact in the workplace that's the new book in the New York Times bestselling Nice Girls Don't series (Anne Fisher, Fortune.com). How many times have you asked yourself why you didn't speak up in a meeting? Or pushed for the raise you deserved? Or agreed to take on someone else's task because you didn't want to rock the boat? Whether the answer is once or ten times or more, the reason is the same: It's because you're a nice girl who goes along to get along. But staying quiet and being ignored are not paths to achievement. Now, in Nice Girls Don't Speak Up or Stand Out, Dr. Lois Frankel shows you how to be an effective communicator and advocate for yourself. From the basics of speaking up to navigating sticky situations and mastering the art of influencing others, this audiobook provides step-by-step advice using real-life examples and powerful tools such as: Be a broken record Choose powerful word Never say no Enlist advocates And many more -- in bonus materials for extra tools in your pocket Dr. Frankel chose the format of this new audio-first work carefully, with the mission of creating an

interactive and impactful listen, interweaved with actionable recommendations, real-life anecdotes, and concrete examples of not only what to say in various scenarios, but how to say it. Nice Girls Don't Speak Up or Stand Out dives deeply into nearly one hundred everyday challenges women face related to communication. With Dr. Lois Frankel as your guide, you can learn how to express yourself confidently, courageously, and clearly -- and start taking charge of your career. *Nice Girls Don't Speak Up or Stand Out* Balance Women can empower themselves to fulfill their needs and aspirations without being strapped down by feelings that society has taught them to ignore. Finding the source of your anger can help you lose your depression.

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

The National Book Award finalist and debut novel by the bestselling author of *The Dinner Party*: "A readymade classic of the office-novel genre. . . . A truly affecting novel about work, trust, love, and loneliness." --Seattle Times No one knows us quite the same way as the men and women who sit beside us in department meetings and crowd the office refrigerator with their labeled yogurts. Every office is a family of sorts, and the ad agency Joshua Ferris brilliantly depicts in his debut novel is family at its strangest and best, coping with a business downturn in the time-honored way: through gossip, pranks, and increasingly frequent coffee breaks. With a demon's eye for the details that make life worth noticing, Joshua Ferris tells a true and funny story about survival in life's strangest environment--the one we pretend is normal five days a week.

Then We Came to the End John Wiley & Sons

It is well-documented that working hard isn't enough to keep your professional star rising: Self-promotion is recognized as one of the most important attributes for getting ahead.

The Corner Office Lioncrest Publishing

A crisis manager explains how to overcome a personal crisis, whether a relationship crisis or business disaster, by recognizing one's worst qualities and dealing with them appropriately.

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