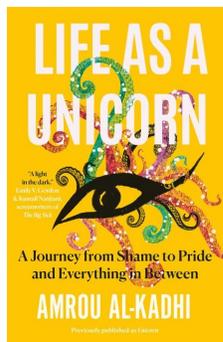


GENDER STUDIES



HarperCollins

2021



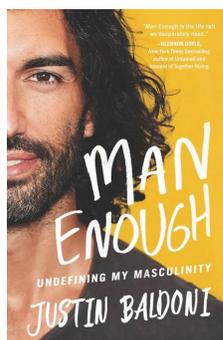
Life as a Unicorn : A Journey from Shame to Pride and Everything in Between

Amrou Al-Kadhi
9780008384319, 0008384312
Pub Date: 6/9/20
\$32.99 CAD
304 pages
Hardcover
Family & Relationships
24 cm H | 15.9 cm W | 2.8 cm T | 500 g Wt

From a god-fearing Muslim boy enraptured with their mother, to a vocal, queer drag queen estranged from their family, this is a heart-breaking and hilarious memoir about the author's fight to be true to himself.

Summary: My name is Amrou Al-Kadhi—by day. By night, I am Glamrou, an empowered, fearless and acerbic drag queen who wears seven-inch heels and says the things that nobody else dares to.

Growing up in a strict Iraqi Muslim household, it didn't take long for me to realise I was different. When I was ten years old, I announced to my family that I was in love with

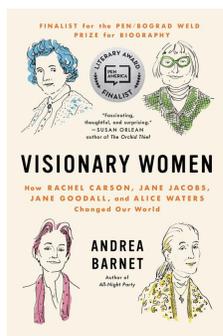


Man Enough : Undefining My Masculinity

Justin Baldoni
9780063055599, 0063055597
Pub Date: 4/27/21
\$35.99 CAD
368 pages
Hardcover
Biography & Autobiography / Social Activists
22.9 cm H | 15.2 cm W | 3 cm T | 646.4 g Wt

Growing out of his immensely popular TED talk and platform, a gripping, deeply honest, fearless personal and societal exploration of masculinity and what it means to be a man from beloved actor, director, and social activist Justin Baldoni.

Summary: With the explosion of the #MeToo movement, toxic masculinity has become one of the most prevalent social issues of our time. In this powerful, thoughtful book, Justin Baldoni reflects on his own struggles and speaks openly about taboo subjects to help create a new

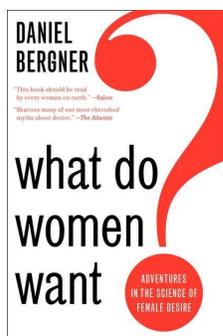


Visionary Women : How Rachel Carson, Jane Jacobs, Jane Goodall, and Alice Waters Changed Our World

Andrea Barnet
9780062310736, 0062310739
Pub Date: 3/5/19
\$21.99 CAD
528 pages
Paperback
History / Social History
22.9 cm H | 15.2 cm W | 3.4 cm T | 585.1 g Wt

Four influential women we thought we knew well—Jane Jacobs, Rachel Carson, Jane Goodall, and Alice Waters—and how they spearheaded the modern progressive movement

Summary: This is the story of four visionaries who profoundly shaped the world we live in today. Together, these women—linked not by friendship or field, but by their choice to break with convention—showed what one person speaking truth to power can do. Jane Jacobs fought for livable cities and strong communities; Rachel Carson warned us about poisoning the environment; Jane Goodall demonstrated the indelible kinship between humans and

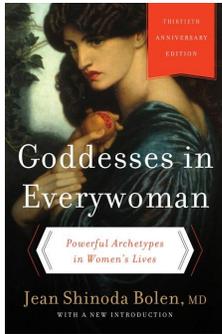


What Do Women Want? : Adventures in the Science of Female Desire

Daniel Bergner
9780061906091, 0061906093
Pub Date: 5/13/14
\$19.99 CAD
224 pages
Paperback
Social Science / Women's Studies
20.3 cm H | 13.5 cm W | 1.3 cm T | 172.4 g Wt

"At last, we have a new perspective on the wilds of female desire, in rousing tableaux, as women, men, sexologists, bonobos, erotic gurus, and many others provide frank, vivid answers to the question that has haunted [us] for far too long: What do women want? The answer will fascinate all."
—Diane Ackerman, author of *A Natural History of Love*

"This book should be read by every woman on earth... a must-read for anyone with even a remote erotic interest in the female gender." —Salon.com



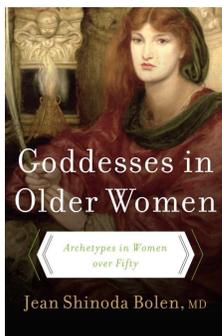
Goddesses in Everywoman: Thirtieth Anniversary Edition : Powerful Archetypes in Women's Lives

Jean Shinoda Bolen, M.D.
9780062321121, 0062321129
Pub Date: 7/1/14
\$21.00 CAD
368 pages
Paperback
Social Science / Women's Studies
20.3 cm H | 13.5 cm W | 2.1 cm T | 272.2 g Wt

**Newly Repackaged with a New Introduction
Thirtieth Anniversary Edition**

Jean Shinoda Bolen's celebrated work of female psychology that uses seven archetypal goddesses to describing behavior patterns and personality traits, as relevant and timeless today as when it was first published thirty years ago

Summary: Myths are fascinating stories that become even more intriguing when we realize that they can reveal intimate truths about ourselves and others. Jean Shinoda



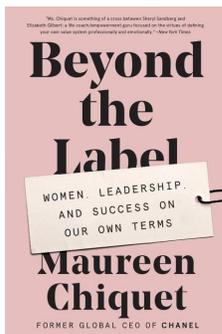
Goddesses in Older Women : Archetypes in Women over Fifty

Jean Shinoda Bolen, M.D.
9780060929237, 0060929235
Pub Date: 7/1/14
\$19.99 CAD
256 pages
Paperback
Social Science / Women's Studies
20.3 cm H | 13.5 cm W | 1.5 cm T | 186 g Wt

Newly Repackaged

A commemoration of turning fifty—Jungian psychoanalyst Jean Shinoda Bolen explores the important archetypes women need to embrace their middle years and realize the exciting opportunities this stage of life offers

Summary: At some point after fifty, every woman crosses a threshold into the third phase of her life. As she enters this uncharted territory, she can choose to mourn what has gone before, or she can embrace the juicy-crone years.

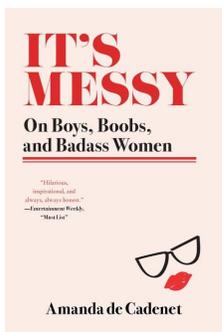


Beyond the Label : Women, Leadership, and Success on Our Own Terms

Maureen Chiquet
9780062655714, 006265571X
Pub Date: 5/1/18
\$21.00 CAD
288 pages
Paperback
Business & Economics / Leadership
20.3 cm H | 13.5 cm W | 1.6 cm T | 207 g Wt

The former global CEO of Chanel charts her unlikely path from literature major to global chief executive, guiding readers to move beyond the confines of staid expectations to discover their own true paths, strengths, and leadership values

Summary: Driven. Shy. Leader. Wife. Mother. We live in a world of categories—labels designed to tell the world, and ourselves, who we are and who we ought to be. but creating a life that's truly your own means learning to define yourself on your own terms.

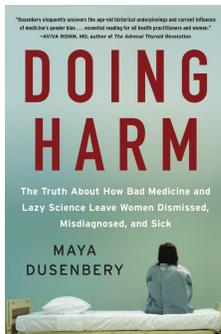


It's Messy : On Boys, Boobs, and Badass Women

Amanda de Cadenet
9780062412461, 0062412469
Pub Date: 10/2/18
\$19.99 CAD
320 pages
Paperback
Biography & Autobiography / Personal Memoirs
20.3 cm H | 13.5 cm W | 1.3 cm T | 167 g Wt

Through her interview series, The Conversation, Amanda de Cadenet talks with some of today's most badass women—from Hillary Clinton to Lady Gaga—in as-honest-as-it-gets conversations that speak to what it means to be female. Now, in *It's Messy*, Amanda shares her own story: a portrait of childhood fame, a stint in juvie, teen motherhood, a high-profile marriage (and divorce), and the sexism that threatened to end her career—all before she turned nineteen

"This collection of essays from the famed lady boss lives up to its title—from her high-profile divorce to

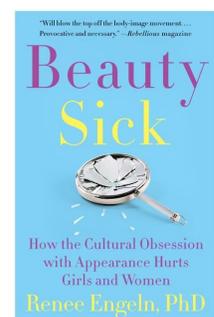


Doing Harm : The Truth About How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick

Maya Dusenbery
9780062470836, 0062470833
Pub Date: 3/12/19
\$21.99 CAD
400 pages
Paperback
Health & Fitness / Women's Health
20.3 cm H | 13.5 cm W | 2.3 cm T | 282.1 g Wt

The editor of the award-winning site Feministing.com brings together scientific and sociological research, interviews with doctors and researchers, and personal stories from women across the country to provide the first comprehensive, accessible look at how sexism in medicine leaves women dismissed, misdiagnosed, and sick.

Summary: In *Doing Harm*, Dusenbery explores the deep, systemic problems that underlie women's experiences of feeling dismissed by the medical system. Women have been discharged from the emergency room mid-heart attack with

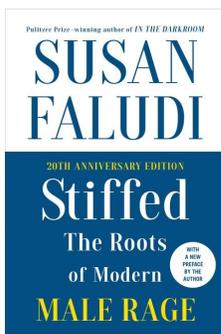


Beauty Sick : How the Cultural Obsession with Appearance Hurts Girls and Women

Renee Engeln, PhD
9780062469786, 0062469789
Pub Date: 4/17/18
\$21.00 CAD
400 pages
Paperback
Social Science / Women's Studies
20.3 cm H | 13.5 cm W | 2.3 cm T | 296.5 g Wt

In this powerful, eye-opening work in the vein of Naomi Wolf, Peggy Orenstein, and Sheryl Sandberg, an acclaimed psychology professor explores the cultural obsession with women's appearance that harms women's ability to get ahead and to live happy, meaningful lives

"[P]rofessor Engeln's sharp examination of beauty sickness reveals its disturbing impact on women of all ages, ethnicities, and backgrounds...Engeln's writing is engaging and conversational...Engeln's book is thought provoking and will be fascinating for all readers, especially those interested in psychology, cultural



Stuffed 20th Anniversary Edition : The Roots of Modern Male Rage

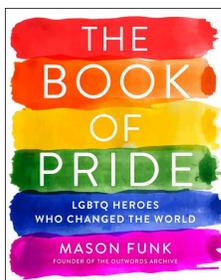
Susan Faludi
9780062858412, 0062858416
Pub Date: 10/15/19
\$28.50 CAD
672 pages
Paperback
Social Science / Men's Studies
22.9 cm H | 15.2 cm W | 3.8 cm T | 612.3 g Wt

Reissued with a New Foreword from the Author

In this updated edition of *Stuffed*, the bestselling and groundbreaking assessment of the 1990s crisis of American masculinity, the Pulitzer Prize-winning author of *Backlash* and *In the Darkroom* explores the origins of a male rage that continues to deform our politics, an American classic that now can be read as prophecy.

"A brilliant, important book."—Time

Summary: In 1991, internationally renowned feminist



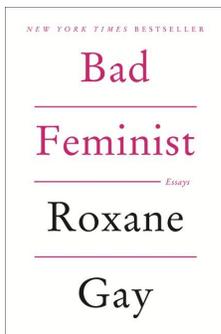
The Book of Pride : LGBTQ Heroes Who Changed the World

Mason Funk
9780062571700, 0062571702
Pub Date: 5/21/19
\$31.00 CAD
288 pages
Paperback
Biography & Autobiography / Lgbt
23.2 cm H | 18.7 cm W | 1.8 cm T | 585.1 g Wt

HarperOne Trade Paperback Original

A keepsake that honors more than fifty LGBTQ pioneers, activists, and revolutionaries and tells their stories of dedication and triumph through never-before-published original interviews.

Summary: *The Book of Pride* pays tribute to dozens of extraordinary and influential leaders who sparked the worldwide LGBTQ-rights movement. These courageous civil rights pioneers—nurses in Texas and chemists in Philadelphia; Muslims and Catholics; the loud and fearless

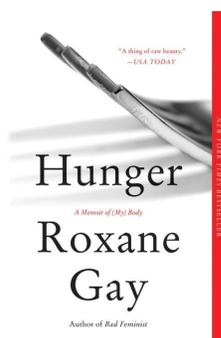
**Bad Feminist : Essays**

Roxane Gay
9780062282712, 0062282719
Pub Date: 8/5/14
\$21.00 CAD
336 pages
Paperback
Social Science / Essays
20.3 cm H | 13.5 cm W | 1.9 cm T | 255.7 g Wt

A Paperback Original

A collection of essays spanning politics, criticism, and feminism from one of the most-watched young cultural observers of her generation, Roxane Gay

Summary: "Pink is my favorite color. I used to say my favorite color was black to be cool, but it is pink—all shades of pink. If I have an accessory, it is probably pink. I read Vogue, and I'm not doing it ironically, though it might seem that way. I once live-tweeted the September issue."

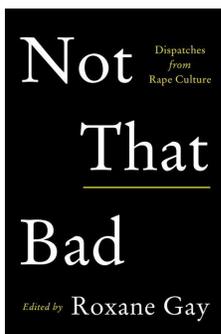
**Hunger : A Memoir of (My) Body**

Roxane Gay
9780062420718, 0062420712
Pub Date: 6/12/18
\$21.00 CAD
320 pages
Paperback
Biography & Autobiography / Personal Memoirs
20.3 cm H | 13.5 cm W | 1.8 cm T | 249.5 g Wt

The Instant New York Times Bestseller

From the *New York Times* bestselling author of *Bad Feminist* comes this searingly honest memoir, hailed as "an amazing achievement" by Ann Patchett and "luminous...intellectually rigorous and deeply moving" by the *New York Times Book Review*

Summary: "I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I had been because she ran into all kinds of trouble. I tried to

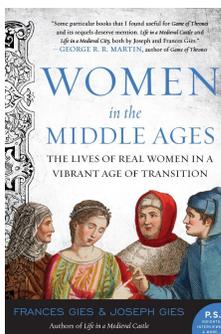
**Not That Bad : Dispatches from Rape Culture**

Roxane Gay
9780062413512, 0062413511
Pub Date: 5/1/18
\$21.00 CAD
368 pages
Paperback
Social Science / Gender Studies
20.3 cm H | 13.5 cm W | 2.1 cm T | 259.4 g Wt

A Paperback Original—Also Available as a Hardcover Library Edition

Edited and with an introduction by Roxane Gay, the *New York Times* bestselling and deeply beloved author of *Bad Feminist* and *Hunger*, this anthology of first-person essays tackles rape, assault, and harassment head-on

"Roxane Gay is the brilliant girl-next-door: your best friend and your sharpest critic. . . . she is also required reading."—People

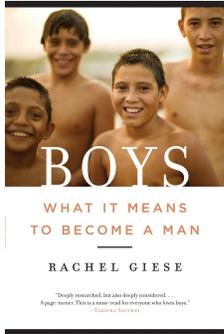
**Women in the Middle Ages : The Lives of Real Women in a Vibrant Age of Transition**

Joseph Gies, Frances Gies
9780060923044, 0060923040
Pub Date: 8/14/18
\$21.00 CAD
304 pages
Paperback
Social Science / Women's Studies
20.3 cm H | 13.5 cm W | 1.7 cm T | 240.4 g Wt

The classic work on the role of women in the middle ages, by the bestselling historians of Medieval Europe

Summary: In this ambitious work of Medieval scholarship, bestselling historians Frances and Joseph Gies trace the stories and fates of women in Medieval Europe over the course of a millennium.

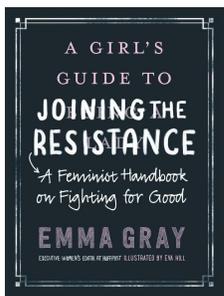
The first section of the book provides a broad survey of how the lives of women—rich and poor, residing in small towns, or practicing subsistence farming—evolved throughout the



Boys : What It Means to Become a Man
 Rachel Giese
 9781443442916, 1443442917
 Pub Date: 7/30/19
 \$19.99 CAD
 272 pages
 Paperback
 Family & Relationships
 20.3 cm H | 13.5 cm W | 1.6 cm T | 208.7 g Wt

Summary: "A page-turner. This is a must-read for everyone who loves boys."—Tabatha Southey

With lively reportage and clear-eyed analysis, Giese reveals that the movement for gender equality has the potential to liberate us all.

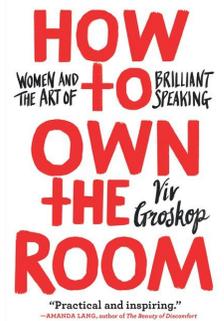


A Girl's Guide to Joining the Resistance : A Feminist Handbook on Fighting for Good
 Emma Gray
 9780062748089, 0062748084
 Pub Date: 2/27/18
 \$21.00 CAD
 144 pages
 Paperback
 Political Science / Women In Politics
 20.3 cm H | 15.2 cm W | 0.9 cm T | 288.6 g Wt

A Paperback Original

This gifty guide to activism is the perfect present for young feminists and long-time observers looking to enter the fray

Summary: Have recent political events given you pause? Does Trump's America make you fearful for the future? Do you want to become more involved in fighting for a more equal America but aren't sure how? In *A Girl's Guide to Joining the Resistance*, Emma Gray, Executive Women's Editor at HuffPost, outlines all that young women need to

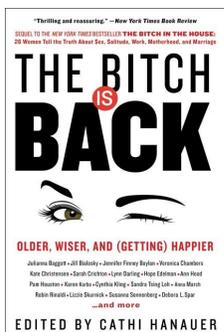


How to Own the Room : Women and the Art of Brilliant Speaking
 Viv Groskop
 9781443459426, 1443459429
 Pub Date: 3/19/19
 \$18.99 CAD
 240 pages
 Paperback
 Business & Economics / Women In Business
 20.3 cm H | 13.5 cm W | 179.2 g Wt

Summary: A powerful guide for every woman looking to find—or amplify—her voice

Most books about public speaking don't tell you what to do when you open your mouth and nothing comes out. And they don't tell you how to get over the performance anxiety that most people naturally have. They don't tell you what to do in the moments when you are made, as a woman, to feel small. They don't tell you how to own the room. This book does.

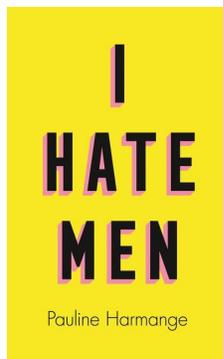
From the way Michelle Obama projects "happy high status," and the power of J.K.Rowling's understated speaking style,



The Bitch Is Back : Older, Wiser, and (Getting) Happier
 Cathi Hanauer
 9780062389527, 0062389521
 Pub Date: 9/12/17
 \$19.99 CAD
 368 pages
 Paperback
 Social Science / Women's Studies
 20.3 cm H | 13.5 cm W | 2.1 cm T | 270.5 g Wt

More than a decade after the *New York Times* bestselling anthology *The Bitch in the House* spoke up loud and clear for a generation of young women, nine of the original contributors are back—along with sixteen captivating new voices—sharing their ruminations from an older, stronger, and wiser perspective about love, sex, work, family, independence, body image, health, and aging: the critical flash points of women's lives today

"At once thrilling and reassuring. It's the discomfort of the topics that provides comfort, a sense that however knotty our lives have turned out, they're far more normal than we

**I Hate Men**

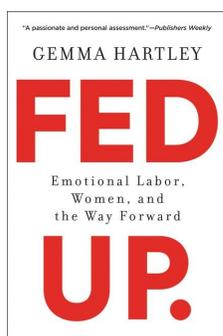
Pauline Harmange, Natasha Lehrer
 9780008457587, 0008457581
 Pub Date: 1/19/21
 \$15.99 CAD
 80 pages
 Hardcover
 Social Science / Feminism & Feminist Theory
 18.7 cm H | 11.8 cm W | 1.4 cm T | 140 g Wt

The feminist book they tried to ban in France.

Summary:

Women, especially feminists and lesbians, have long been accused of hating men. Our instinct is to deny it at all costs. (After all, women have been burnt at the stake for admitting to less.)

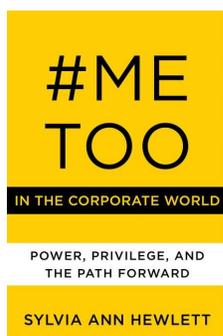
But what if mistrusting men, disliking men - and yes, maybe even hating men - is, in fact, a useful response to sexism? What if such a response offers a way out of oppression, a

**Fed Up : Emotional Labor, Women, and the Way Forward**

Gemma Hartley
 9780062856463, 0062856464
 Pub Date: 6/9/20
 \$21.99 CAD
 272 pages
 Paperback
 Social Science / Feminism & Feminist Theory
 20.3 cm H | 13.5 cm W | 1.6 cm T | 204.1 g Wt

A bold dive into the unpaid, invisible work women have shouldered for too long—and an impassioned vision for creating a better future for us all.

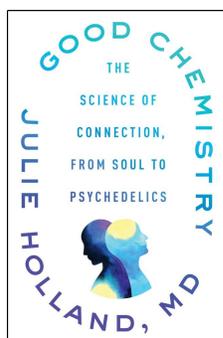
Summary: Day in, day out, women anticipate and manage the needs of others. In relationships, we initiate the hard conversations. At home, we shoulder the mental load required to keep our households running. At work, we moderate our tone, explaining patiently and speaking softly. In the world, we step gingerly to keep ourselves safe. We do this largely invisible, draining work whether we want to

**#MeToo in the Corporate World : Power, Privilege, and the Path Forward**

Sylvia Ann Hewlett
 9780062899194, 0062899198
 Pub Date: 1/28/20
 \$36.99 CAD
 256 pages
 Hardcover
 Business & Economics / Women In Business
 22.9 cm H | 15.2 cm W | 2.3 cm T | 399.2 g Wt

Economist and award-winning author Sylvia Ann Hewlett blends vivid stories with powerful new data in assessing the impact of the #MeToo movement in corporate America and provides concrete action to help executives and companies create more inclusive and safe work environments for women, people of color, and LGBTQ employees.

Summary: While the #MeToo movement has exposed the enormous harm done by sexual misconduct in the workplace, the movement's full promise has not been

**Good Chemistry : The Science of Connection, from Soul to Psychedelics**

Julie Holland
 9780062862884, 006286288X
 Pub Date: 6/16/20
 \$34.99 CAD
 320 pages
 Hardcover
 Social Science / Sociology / Marriage & Family
 21 cm H | 14 cm W | 2.7 cm T | 392.9 g Wt

A psychiatrist and psychedelic researcher explores the science of connection—why we need it, how we've lost it, and how we might find it again.

Summary: We are suffering from an epidemic of disconnection that antidepressants and social media can't fix. This state of isolation puts us in "fight or flight mode," deranging sleep, metabolism and libido. What's worse, we're paranoid of others. This kill-or-be-killed framework is not a way to live. But, when we feel safe and loved, we can rest, digest, and repair. We can heal. And it is only in this state of



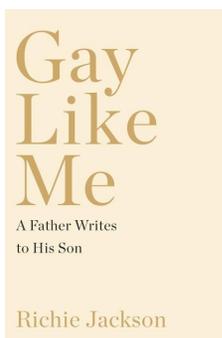
F*cked : Being Sexually Explorative and Self-Confident in a World That's Screwed

Krystyna Hutchinson, Corinne Fisher
9780062666925, 0062666924
Pub Date: 1/29/19
\$21.00 CAD
272 pages
Paperback
Humor / Topic / Relationships
20.3 cm H | 13.5 cm W | 1.6 cm T | 195.9 g Wt

The creators of the top-rated podcast *Guys We F*cked* explore the diversity of human sexuality in this open, empowering, shame-free conversation about sex—from vanilla to kink, from one night stands to abortions, and everything in between

Summary: Are You a Dirty, Nasty Slut? Or a Sexually Repressed Nightmare?

Regardless of your background or bedroom résumé, someone or something has probably made you feel that



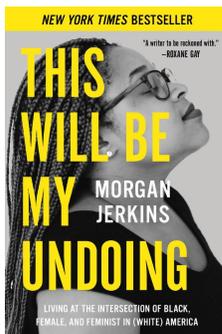
Gay Like Me : A Father Writes to His Son

Richie Jackson
9780062939777, 0062939777
Pub Date: 1/28/20
\$31.00 CAD
176 pages
Hardcover
Biography & Autobiography / Lgbt
19.1 cm H | 12.7 cm W | 1.8 cm T | 224 g Wt

In this poignant and timely love letter to his son, producer Richie Jackson reflects on his experiences as a gay man in America and the progress and setbacks of LGBTQ citizens over the past fifty years.

Summary: "My son is kind, responsible, and hardworking. He is ready for college. He is not ready to be a gay man living in America."

When Richie Jackson's eighteen-year-old adopted son came out to him, the successful theater, television, and film

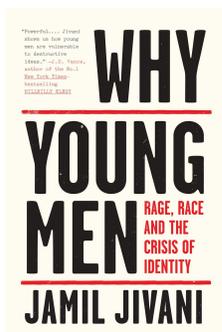


This Will Be My Undoing : Living at the Intersection of Black, Female, and Feminist in (White) America

Morgan Jerkins
9780062666154, 0062666150
Pub Date: 1/30/18
\$19.99 CAD
272 pages
Paperback
Biography & Autobiography / Cultural Heritage
20.3 cm H | 13.5 cm W | 1.6 cm T | 207.8 g Wt

A Paperback Original

From one of the fiercest critics writing today, Morgan Jerkins' highly-anticipated collection of linked essays interweaves her incisive commentary on pop culture, feminism, black history, misogyny, and racism with her own experiences to confront the very real challenges of being a black woman today—perfect for fans of Roxane Gay's *Bad Feminist*, Rebecca Solnit's *Men Explain Things to Me*, and Chimamanda Ngozie Adichie's *We Should All Be Feminists*

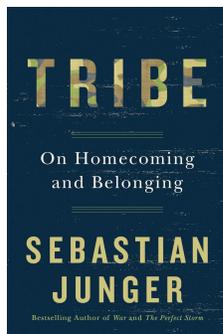


Why Young Men : Rage, Race and the Crisis of Identity

Jamil Jivani
9781443453202, 144345320X
Pub Date: 2/5/19
\$19.99 CAD
272 pages
Paperback
Social Science / Men's Studies
20.3 cm H | 13.5 cm W | 1.6 cm T | 208.7 g Wt

Summary: The critics agree: "Why Young Men is a much-needed discussion" (J. D. Vance, author of *Hillbilly Elegy*)

The day after the 2015 Paris terror attacks, twenty-eight-year-old Canadian Jamil Jivani opened the newspaper to find that the men responsible were familiar to him. He didn't know them, but the communities they grew up in and the challenges they faced mirrored the circumstances of his own life. Jivani travelled to Belgium in February 2016 to better understand the roots of jihadi radicalization. Less than two months later, Brussels fell victim to a terrorist attack carried out by young men who lived in the same neighbourhood as

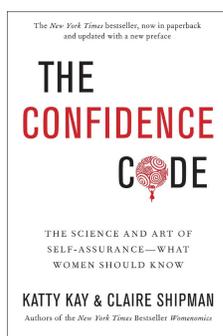


Tribe : On Homecoming and Belonging

Sebastian Junger
9781443449595, 1443449598
Pub Date: 6/20/17
\$17.99 CAD
192 pages
Paperback
Social Science / Violence In Society
20.3 cm H | 13.5 cm W | 1.1 cm T | 140.6 g Wt

Summary: Sebastian Junger, the bestselling author of *War* and *The Perfect Storm*, takes a critical look at post-traumatic stress disorder and the many challenges today's returning veterans face in modern society

There are ancient tribal behaviours—loyalty, interdependency, cooperation—that flourish in human communities during times of turmoil and suffering. These are the very same behaviours that typify good soldiering and foster a sense of belonging among troops, whether they're fighting on the front lines or engaged in non-combat activities away from the action. Drawing from the fields of



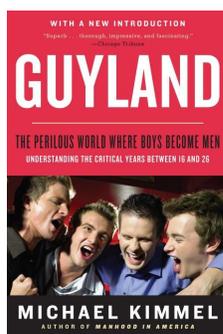
The Confidence Code : The Science and Art of Self-Assurance---What Women Should Know

Katty Kay, Claire Shipman
9780062230638, 0062230638
Pub Date: 4/3/18
\$23.99 CAD
272 pages
Paperback
Business & Economics / Careers
20.3 cm H | 13.5 cm W | 1.6 cm T | 195 g Wt

The *New York Times* bestseller, now in paperback and updated with a new introduction

Summary: Confidence. We want it. We need it. But it can be maddeningly enigmatic and out of reach. The authors of the *New York Times* bestseller *Womenomics* deconstruct this essential, elusive, and misunderstood quality and offer a blueprint for bringing more of it into our lives.

Is confidence hardwired into the DNA of a lucky few, or can anyone learn it? Is it best expressed by bravado, or is there

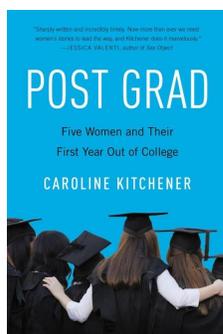


Guyland : The Perilous World Where Boys Become Men

Michael Kimmel
9780062885739, 0062885731
Pub Date: 7/24/18
\$19.99 CAD
368 pages
Paperback
Social Science / Gender Studies
20.3 cm H | 13.5 cm W | 2.1 cm T | 277.5 g Wt

One of the most eminent scholars and writers on men and masculinity and the author of the critically acclaimed *Manhood in America* turns his attention to the culture of guys, aged 16 to 26: their attitudes, their relationships, their rules, and their rituals.

"Kimmel is our seasoned guide into a world that, unless we are guys, we barely know exists. As he walks with us through dark territories, he points out the significant and reflects on its meaning."—Mary Pipher, Ph.D., author of *Reviving Ophelia*



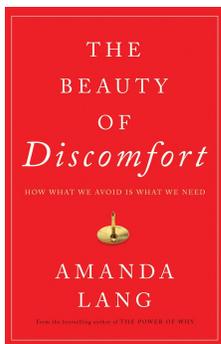
Post Grad : Five Women and Their First Year Out of College

Caroline Kitchener
9780062429513, 0062429515
Pub Date: 4/17/18
\$18.50 CAD
320 pages
Paperback
Social Science / Feminism & Feminist Theory
20.3 cm H | 13.5 cm W | 1.8 cm T | 231.3 g Wt

"Intimate, compulsively readable and even occasionally shocking." — *Chicago Tribune*

"The creativity and courage at the foundation of these stories is worth a thousand hours of counseling in any college career office." — Melissa Harris-Perry, author of *Sister Citizen*

An honest and deeply reported account of five women and the opportunities and frustrations they face in the



The Beauty of Discomfort : How What We Avoid Is What We Need

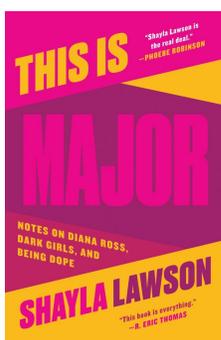
Amanda Lang
9781443449854, 1443449857
Pub Date: 4/3/18
\$19.99 CAD
304 pages
Paperback
Self-Help / Personal Growth / Success
20.3 cm H | 13.3 cm W | 1.9 cm T | 254 g Wt

Summary: Why do some people drive change while others are blindsided by it?

Why are some people able to adapt and thrive?

How can we make change easier?

Truly successful people don't merely tolerate discomfort—they embrace it and seek it out again and again. Business founders and university students, top athletes and couch potatoes, meditation gurus and military leaders all have very different ways of coping with discomfort, but the most successful among them believe



This Is Major : Notes on Diana Ross, Dark Girls, and Being Dope

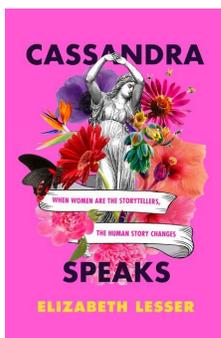
Shayla Lawson
9780062890597, 006289059X
Pub Date: 6/30/20
\$21.00 CAD
336 pages
Paperback
Social Science / Essays
20.3 cm H | 13.5 cm W | 1.9 cm T | 249.5 g Wt

A Paperback Original

From a fierce and humorous new voice comes a relevant, insightful, and riveting collection of personal essays on the richness and resilience of black girl culture—for readers of Samantha Irby, Roxane Gay, Morgan Jerkins, and Lindy West.

Summary:

Shayla Lawson is major. You don't know who she is. Yet. But that's okay. She is on a mission to move black girls like

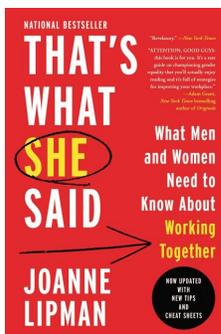


Cassandra Speaks : When Women Are the Storytellers, the Human Story Changes

Elizabeth Lesser
9780062887184, 0062887181
Pub Date: 9/15/20
\$34.99 CAD
304 pages
Hardcover
Social Science / Feminism & Feminist Theory
21 cm H | 14 cm W | 2.6 cm T | 371.9 g Wt

The bestselling author of *Broken Open* and *Marrow* delivers a feminist classic in the making that reveals how humanity has outgrown its origin tales, hero myths, and other stories, and empowers women to trust their instincts, find their voice, and tell new guiding stories for all people.

Summary: In *Cassandra Speaks*, Lesser persuasively argues that if women's voices had been equally heard and respected throughout history, humankind would have followed different hero myths and guiding stories—stories



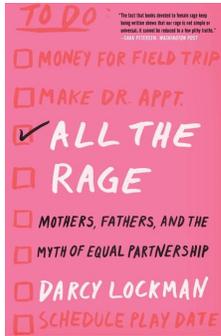
That's What She Said : What Men and Women Need to Know About Working Together

Joanne Lipman
9780062437228, 0062437224
Pub Date: 2/26/19
\$21.99 CAD
336 pages
Paperback
Business & Economics / Women In Business
20.3 cm H | 13.5 cm W | 1.9 cm T | 240.4 g Wt

NATIONAL BESTSELLER

Going beyond the message of *Lean In* and *The Confidence Code*, Joanne Lippman, Gannett's Chief Content Officer, offers solutions to help professionals solve gender gap issues and achieve parity at work in this inclusive and realistic handbook. Newly updated by the author to include a cheat sheet for taking positive action now, this timely, essential book also offers tools for having tough—but necessary—discussions.

"Lipman, editor-in-chief of *USA Today*, makes a bold

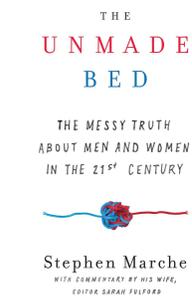


All the Rage : Mothers, Fathers, and the Myth of Equal Partnership

Darcy Lockman
9780062861450, 006286145X
Pub Date: 5/19/20
\$21.99 CAD
352 pages
Paperback
Family & Relationships / Parenting / Motherhood
20.3 cm H | 13.5 cm W | 2 cm T | 247.8 g Wt

Journalist-turned-psychologist Darcy Lockman offers a clear-eyed look at the most pernicious problem facing modern parents—how progressive relationships become traditional ones when children are introduced into the household.

“The only way *All the Rage* could be a better Mother’s Day gift would be for partners to actually read it before giving it.... If you’re already a parent, it would be impossible not to recognize yourself in these pages.”
—Kimberly Harrington, author of *Amateur Hour*

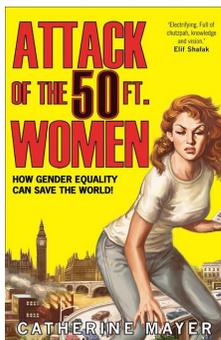


The Unmade Bed : The Messy Truth about Men and Women in the Twenty-first Century

Stephen Marche
9781443434843, 1443434841
Pub Date: 3/6/18
\$19.99 CAD
256 pages
Paperback
Social Science
20.3 cm H | 13.5 cm W | 1.5 cm T | 224.5 g Wt

Summary: In one of the most talked about books of the year, provocative cultural commentator Stephen Marche examines the state of male-female relations in the 21st century, with commentary from his wife, *Toronto Life* editor-in-chief Sarah Fulford.

On a warm spring morning in New York City, Stephen Marche, then a new father and tenure-track professor, got the call: his wife had been offered her dream job . . . in Toronto. Their mutual decision to move home, prioritizing her career over his, shed new light on the gender roles in their marriage. It also provoked a surprising and divided response from the world around them.



Attack of the 50 Ft. Women : How Gender Equality Can Save The World!

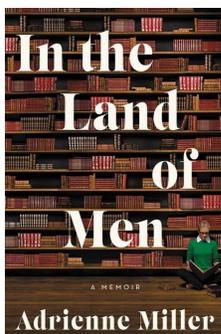
Catherine Mayer
9780008191146, 000819114X
Pub Date: 2/27/18
\$17.99 CAD
352 pages
Paperback
Political Science / Women In Politics
19.8 cm H | 12.9 cm W | 2.3 cm T | 260 g Wt

Summary: ‘Buy it for yourself, your husband or partner. Most importantly, buy it for your children’
Sunday Express

Essential reading from Catherine Mayer, recently named one of the Top 100 Most Influential People in Global Policy on Gender Equality.

Cometh the hour,

Cometh the women.



In the Land of Men : A Memoir

Adrienne Miller
9780062682413, 0062682415
Pub Date: 2/11/20
\$35.99 CAD
352 pages
Hardcover
Biography & Autobiography / Personal Memoirs
22.9 cm H | 15.2 cm W | 2.9 cm T | 499 g Wt

A fiercely personal memoir about Miller’s coming of age in the male-dominated literary world of the nineties, becoming, at twenty-five, the first female literary editor of *Esquire*, and her personal and working relationship with David Foster Wallace

Summary: Adrienne Miller was a naïve twenty-two-year-old from the Midwest when she got a lucky break and was hired as an editorial assistant at *GQ*. The mid-nineties was still the golden age of print journalism, and a publication like *GQ* then seemed the red-hot center of the literary world, even if its sensibilities were manifestly mid-century—the martinis, the male egos, and the unquestioned authority of kings

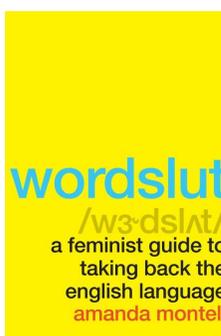


Becoming Cliterate : Why Orgasm Equality Matters--And How to Get It

Dr. Laurie Mintz
9780062664556, 0062664557
Pub Date: 5/15/18
\$21.00 CAD
288 pages
Paperback
Self-Help / Sexual Instruction
20.3 cm H | 13.5 cm W | 1.6 cm T | 209.5 g Wt

In this empowering guide, a psychology professor and human sexuality expert offers a radical, simple solution to progress and pleasure for all—EQUALITY + SEX = ORGASMS

Summary: Our culture's flawed way of thinking about sex is screwing with women's orgasms. We've separated our most reliable route to orgasm—clitoral stimulation—from how we feel we should orgasm—penetration. As a result, as many as half of women admit to having trouble reaching orgasm with their partners. No surprise, then, that men are having at least three times as many orgasms as women.



Wordslut : A Feminist Guide to Taking Back the English Language

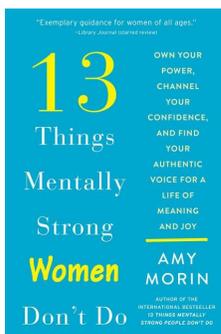
Amanda Montell
9780062868886, 0062868888
Pub Date: 6/2/20
\$21.99 CAD
304 pages
Paperback
Social Science / Feminism & Feminist Theory
20.3 cm H | 13.5 cm W | 1.7 cm T | 220.6 g Wt

A brash, enlightening, and wildly entertaining feminist look at gendered language and the way it shapes us.

"I get so jazzed about the future of feminism knowing that Amanda Montell's brilliance is rising up and about to explode worldwide."—Jill Soloway

Summary:

The word bitch conjures many images, but it is most often meant to describe an unpleasant woman. Even before its usage to mean "a female canine" bitch didn't refer to



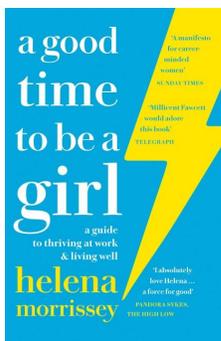
13 Things Mentally Strong Women Don't Do : Own Your Power, Channel Your Confidence, and Find Your Authentic Voice for a Life of Meaning and Joy

Amy Morin
9780062847638, 0062847635
Pub Date: 2/11/20
\$21.00 CAD
352 pages
Paperback
Self-Help / Personal Growth / Happiness
20.3 cm H | 13.5 cm W | 2 cm T | 273.9 g Wt

In the time of the #MeToo and #TimesUp movement, international bestselling author and leading global expert on mental strength Amy Morin turns her focus to feminism, explaining what it means—and what it takes—to be a mentally strong woman.

"Sage advice on building mental strength. Exemplary guidance for women of all ages."—Library Journal (starred review)

Summary: Women around the globe, it's time to finally



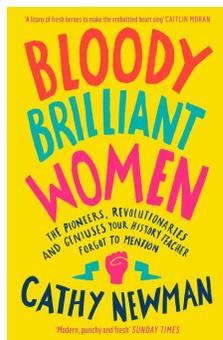
A Good Time to be a Girl : A Guide to Thriving at Work & Living Well

Helena Morrissey
9780008241643, 0008241643
Pub Date: 2/12/19
\$18.99 CAD
320 pages
Paperback
Biography & Autobiography / Women
19.8 cm H | 12.9 cm W | 2.4 cm T | 280 g Wt

Summary: From the founder of the worldwide 30% Club campaign comes a career book for women in a transforming world who don't just want to lean in, but instead, shatter the paradigm as we know it.

'I absolutely love her, I think she's such a force for good' Pandora Sykes, The High Low

In *A Good Time to be a Girl*, Helena Morrissey sets out how we might achieve the next big breakthrough towards a truly



Bloody Brilliant Women : The Pioneers, Revolutionaries and Geniuses Your History Teacher Forgot to Mention

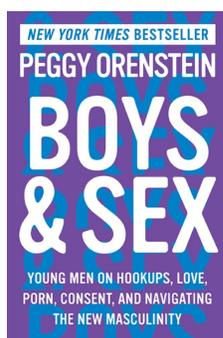
Cathy Newman
9780008241674, 0008241678
Pub Date: 7/9/19
\$18.99 CAD
384 pages
Paperback
History / Women
19.8 cm H | 12.9 cm W | 2.5 cm T | 300 g Wt

Summary:

'A litany of fresh heroes to make the embattled heart sing' Caitlin Moran

'Newman is a brilliant writer' Observer

A fresh, opinionated history of all the brilliant women you should have learned about in school but didn't.



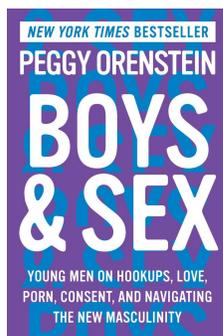
Boys & Sex : Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity

Peggy Orenstein
9780062666987, 0062666983
Pub Date: 2/9/21
\$21.99 CAD
304 pages
Paperback
Family & Relationships / Life Stages / Teenagers
20.3 cm H | 13.5 cm W | 1.7 cm T | 220.6 g Wt

New York Times Bestseller

"Eye-opening.... Every few pages, the boy world cracks open a little bit.... Even in the most anxiety-provoking moments of *Boys & Sex*, it's clear that Orenstein believes in the goodness of boys and the men they can become, and she believes in us, as parents, to raise them." —New York Times Book Review

The author of the groundbreaking New York Times bestseller *Girls & Sex* turns her candid and compassionate focus to the sexual lives of young men.

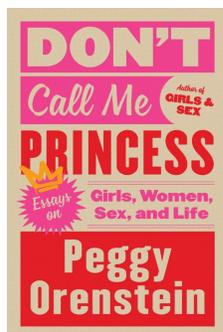


Boys & Sex : Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity

Peggy Orenstein
9780062666970, 0062666975
Pub Date: 1/7/20
\$35.99 CAD
304 pages
Hardcover
Family & Relationships / Life Stages / Teenagers
22.9 cm H | 15.2 cm W | 2.6 cm T | 488.2 g Wt

The author of the groundbreaking New York Times bestsellers *Girls & Sex* and *Cinderella Ate My Daughter* now turns her focus to the sexual lives of young men, once again offering "both an examination of sexual culture and a guide on how to improve it" (*Washington Post*).

Summary: Peggy Orenstein's *Girls & Sex* broke ground, shattered taboos, and launched conversations about young women's right to pleasure and agency in sexual encounters. It also had an unexpected effect on its author: Orenstein



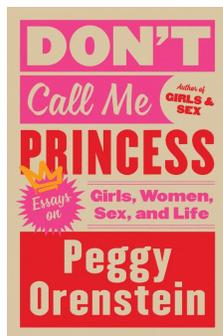
Don't Call Me Princess : Essays on Girls, Women, Sex, and Life

Peggy Orenstein
9780062688903, 0062688901
Pub Date: 2/27/18
\$21.00 CAD
400 pages
Paperback
Social Science / Essays
20.3 cm H | 13.5 cm W | 2.3 cm T | 281.2 g Wt

A Paperback Original—Also Available as a Hardcover Library Edition

The *New York Times* bestselling author of *Girls & Sex* and *Cinderella Ate My Daughter* delivers her first ever collection of essays—funny, poignant, deeply personal and sharply observed pieces, drawn from three decades of writing, which trace girls' and women's progress (or lack thereof) in what Orenstein once called a "half-changed world"

Summary: Named one of the "40 women who changed the



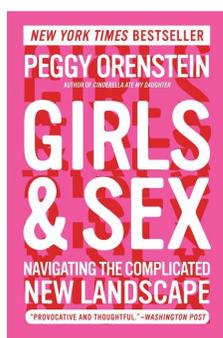
Don't Call Me Princess : Essays on Girls, Women, Sex, and Life

Peggy Orenstein
9780062834058, 0062834053
Pub Date: 2/27/18
\$33.50 CAD
400 pages
Hardcover
Social Science / Essays
22.9 cm H | 15.2 cm W | 3.2 cm T | 542.6 g Wt

Hardcover Library Edition—Also Available as a Paperback Original

The *New York Times* bestselling author of *Girls & Sex* and *Cinderella Ate My Daughter* delivers her first ever collection of essays—funny, poignant, deeply personal and sharply observed pieces, drawn from three decades of writing, which trace girls' and women's progress (or lack thereof) in what Orenstein once called a "half-changed world"

Summary: Named one of the "40 women who changed the world" by *Time* magazine, Orenstein's "Don't Call Me Princess" is a collection of essays that explore the lives of girls and women in the 21st century.



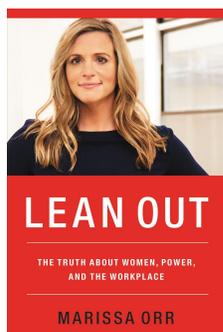
Girls & Sex : Navigating the Complicated New Landscape

Peggy Orenstein
9780062209740, 0062209744
Pub Date: 3/7/17
\$21.00 CAD
336 pages
Paperback
Family & Relationships / Life Stages / Teenagers
20.3 cm H | 13.5 cm W | 1.9 cm T | 240.4 g Wt

New York Times Bestseller

The author of the *New York Times* bestseller *Cinderella Ate My Daughter* offers a groundbreaking picture of the new sexual landscape girls face in the post-princess stage—high school through college—and reveals how they are negotiating it.

"Thought-provoking. . . *Girls & Sex* is full of thoughtful concern and empathetic questions."—Cindi Leive, *New York Times Book Review*, cover review

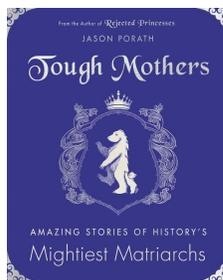


Lean Out : The Truth About Women, Power, and the Workplace

Marissa Orr
9781595557568, 1595557563
Pub Date: 6/11/19
\$34.99 CAD
240 pages
Hardcover with dust jacket
Business & Economics / Women In Business
23.6 cm H | 15.7 cm W | 2.2 cm T | 390.1 g Wt

Lean Out offers contrarian, often humorous insights to a critical global dialogue and provides a pathway for both individuals and companies to promote a more inclusive workplace that benefits all employees.

Summary: Girl gangs reigning terror at Facebook, narcissistic overlords at Google . . . this is the backdrop of *Lean Out*, which takes readers on the journey of Marissa Orr, a single mom of three trying to find success in her fifteen-year career at the world's top tech giants. Orr delivers an ambitious attempt to answer the critical question: What have we gotten wrong about women at work?

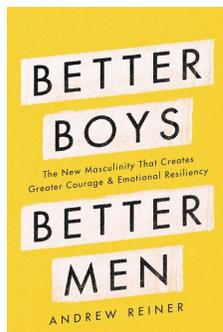


Tough Mothers : Amazing Stories of History's Mightiest Matriarchs

Jason Porath
9780062796097, 0062796097
Pub Date: 4/3/18
\$31.00 CAD
256 pages
Hardcover
Social Science / Women's Studies
25.4 cm H | 20.3 cm W | 1 kg Wt

The author of *Rejected Princesses* returns with an inspiring, fully illustrated guide that brings together the fiercest mothers in history—real life matriarchs who gave everything to protect all they loved

Summary: Mothers possess the "maternal instinct"—an innate fierceness that drives them to nurture, safeguard, fight, and sacrifice for the most important things that matter to them. For some mothers, it's their children. For others, it's artistic expression, invention, social cause, or even a nation that they helped to birth. In *Tough Mothers*, Jason

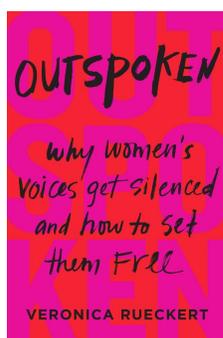


Better Boys, Better Men : The New Masculinity That Creates Greater Courage and Emotional Resiliency

Andrew Reiner
9780062854940, 0062854941
Pub Date: 12/1/20
\$34.99 CAD
272 pages
Hardcover
Social Science / Gender Studies
22.9 cm H | 15.2 cm W | 2.4 cm T | 427.2 g Wt

A thought-provoking and much-needed look at how modern masculinity is harming and holding back men—and all of society—and what we can do to promote a new masculinity that allows men of all ages to thrive.

Summary: In *Better Boys, Better Men*, cultural critic and *New York Times* contributor Andrew Reiner argues that men today are working on an outdated model of masculinity, which prevents them in moments of distress and vulnerability from marshalling the courage, strength, and

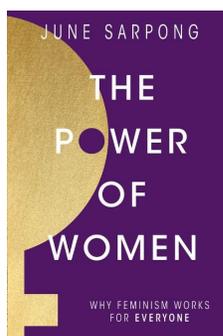


Outspoken : Why Women's Voices Get Silenced and How to Set Them Free

Veronica Rueckert
9780062879349, 0062879340
Pub Date: 7/2/19
\$36.99 CAD
256 pages
Hardcover
Business & Economics / Women In Business
22.9 cm H | 15.2 cm W | 2.3 cm T | 403.7 g Wt

A big think, conversation-changing book, full of practical advice, about how women can learn to claim the power of their voices in the workplace and at home, and what needs to change so they can finally be heard.

Summary: From the Supreme Court to the conference room to the classroom, women find themselves interrupted much more often than their male counterparts. Worse, a 2015 Yale University study revealed that women executives who spoke more often than their peers were rated 14% less competent, while male executives who did the same thing



The Power of Women

June Sarpong
9780008306762, 0008306761
Pub Date: 3/3/20
\$12.99 CAD
128 pages
A-format Paperback
Social Science / Discrimination & Race Relations
16.5 cm H | 11.1 cm W | 0.6 cm T | 60 g Wt

Feminism is often presented as a women's movement, but the truth is that harnessing women's untapped potential will make everyone better off... including men!

Summary: Looking to our personal relationships, social and cultural climate and business and economic potential, *The Power of Women* debunks the myths around feminism, and proves why an intersectional approach to bringing women to the table is key to personal, social and economic progress for society as a whole.



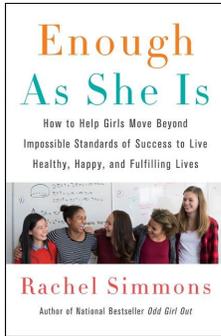
Just the Funny Parts : ... And a Few Hard Truths About Sneaking into the Hollywood Boys' Club

Nell Scovell, Sheryl Sandberg
9780062473479, 0062473476
Pub Date: 12/4/18
\$21.00 CAD
336 pages
Paperback
Biography & Autobiography / Entertainment & Performing Arts
20.3 cm H | 13.5 cm W | 244.1 g Wt

Foreword by Sheryl Sandberg

You've almost certainly laughed at Scovell's jokes—you just didn't know it until now

Summary: *Just the Funny Parts* is a juicy and scathingly funny insider look at how pop culture gets made. For more than thirty years, writer, producer and director Nell Scovell worked behind the scenes of iconic TV shows, including *The Simpsons*, *Late Night with David Letterman*, *Murphy Brown*, *NCIS*, *The Muppets*, and *Sabrina, the Teenage Witch*, which she created and executive produced.



Enough As She Is : How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives

Rachel Simmons

9780062438423, 0062438425

Pub Date: 2/26/19

\$21.00 CAD

320 pages

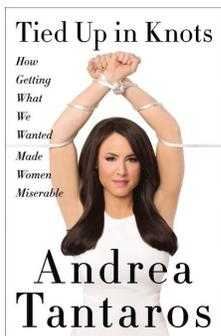
Paperback

Family & Relationships / Life Stages / Teenagers

20.3 cm H | 13.5 cm W | 1.8 cm T | 233 g Wt

From the *New York Times* bestselling author of *Odd Girl Out*, a deeply urgent book that gives adults the tools to help girls in high school and college reject “supergirl” pressure, overcome a toxic stress culture, and become resilient adults with healthy, happy, and fulfilling lives.

“Enough As She Is may save millions of women from the idea that ‘having it all’ means ‘doing it all’.... Rachel Simmons has given us the next step in our peaceful revolution: not only changing women to fit the world, but changing the world to fit women.”—Gloria Steinem



Tied Up in Knots : How Getting What We Wanted Made Women Miserable

Andrea Tantaros

9780062351869, 0062351869

Pub Date: 4/26/16

\$33.50 CAD

256 pages

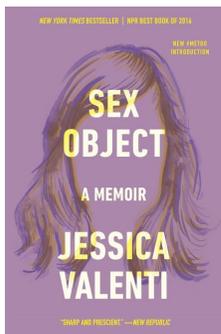
Hardcover

Social Science / Women's Studies

22.9 cm H | 15.2 cm W | 2.3 cm T | 399.2 g Wt

In this lively contrarian romp through the American cultural landscape, Andrea Tantaros argues that the swapping of gender roles has had a drastic effect on relationships, families, the boardroom, the bedroom and beyond

Summary: Women today have more choices and options than ever. So why are they so stressed out? In a covetous quest to attain what men have, women have been told we should work like men, behave like men, and have sex like men. There’s just one problem: women aren’t men. Instead of feeling at peace with their newfound freedoms, females are finding themselves tied up in knots—trying to strike a balance between their natural desires and what society



Sex Object : A Memoir

Jessica Valenti

9780062435095, 0062435094

Pub Date: 2/28/17

\$21.00 CAD

224 pages

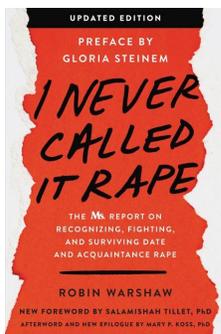
Paperback

Social Science / Women's Studies

20.3 cm H | 13.5 cm W | 1.3 cm T | 167.8 g Wt

“Deeply moving, honest, and unflinching, *Sex Object* secures Jessica Valenti’s place as one of the foremost writers and thinkers of her generation. Her personal story highlights universal truths about being a woman, and makes the case for why feminism today is an unstoppable force.” —Cecile Richards, President, Planned Parenthood Federation of America

“Jessica Valenti is widely known as a feminist leader with this stunningly brave and often funny memoir, we get a chance to know her as a human being. This is an incredibly powerful book. I can’t recommend it loudly enough.”—Jill



I Never Called It Rape - Updated Edition : The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape

Robin Warshaw, Gloria Steinem, Salamishah Tillet

9780062844309, 006284430X

Pub Date: 2/26/19

\$21.00 CAD

288 pages

Paperback

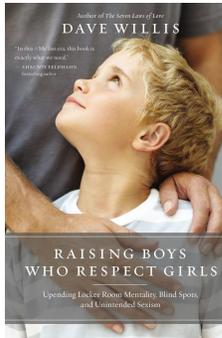
Self-Help / Abuse

20.3 cm H | 13.5 cm W | 1.6 cm T | 216.9 g Wt

Newly Reissued with a New Preface from Gloria Steinem

A new edition of the 1988 classic text that exposed the extreme prevalence of rape in America, coining the term acquaintance rape and establishing the disturbing statistics on sexual assault that still hold just as true today—now featuring an original preface from Gloria Steinem, a new introduction by Salamishah Tillet, an updated afterword by Mary P. Koss, PH.D., as well as an updated resources section

“Essential. . . . It is nonpolemical, lucid, and speaks eloquently not only to the victims of acquaintance rape



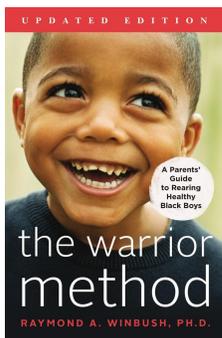
Raising Boys Who Respect Girls : Upending Locker Room Mentality, Blind Spots, and Unintended Sexism

Dave Willis
9781400215096, 1400215099
Pub Date: 11/12/19
\$21.99 CAD
240 pages
Paperback
Religion / Christian Life / Family
21.1 cm H | 13.8 cm W | 1.5 cm T | 190.5 g Wt

Dave Willis, author, speaker, and father of four boys, talks biblically and practically about how to raise a generation of boys who are champions, encouragers, and respecters of women.

Summary: **Dave Willis, author, speaker, and father of four boys, talks biblically and practically about how to raise a generation of boys who are champions, encouragers, and respecters of women.**

In the #metoo and #churchtoo era, with so many men and boys continuing to make the same mistakes, we have to ask: Where are we going wrong? And perhaps more



The Warrior Method, Updated Edition : A Parents' Guide to Rearing Healthy Black Boys

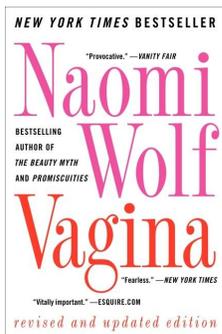
Raymond Winbush, PhD
9780062838872, 0062838873
Pub Date: 6/5/18
\$19.99 CAD
288 pages
Paperback
Family & Relationships
20.3 cm H | 13.5 cm W | 1.6 cm T | 218.6 g Wt

Newly Reissued with New Material

In this groundbreaking book, Raymond Winbush introduces a program for raising black boys to become warriors against global racism and poverty and advocates for their communities in America and abroad—now updated

"A work of this caliber is long overdue."—Dr. Henry Foster, Former Senior Advisor to President Clinton

Summary: In *The Warrior Method*, psychologist, educator



Vagina : Revised and Updated

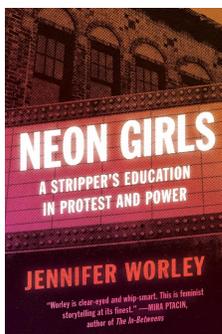
Naomi Wolf
9780061989179, 0061989177
Pub Date: 12/10/13
\$21.00 CAD
416 pages
Paperback
Social Science / Feminism & Feminist Theory
20.3 cm H | 13.5 cm W | 2.4 cm T | 352.1 g Wt

Trade Paperback

New York Times Bestselling Author

An astonishing work of cutting-edge science and cultural history that radically reframes how we understand the vagina—and consequently, how we understand women—from one of our most respected cultural critics and thinkers, Naomi Wolf, author of the modern classic *The Beauty Myth*

"Perhaps this history will do for 21st century activism what



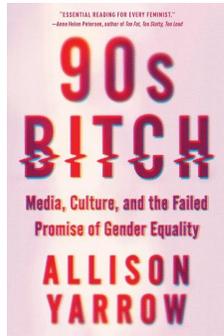
Neon Girls : A Stripper's Education in Protest and Power

Jennifer Worley
9780062971326, 0062971328
Pub Date: 6/9/20
\$21.99 CAD
272 pages
Paperback
Biography & Autobiography / Personal Memoirs
20.3 cm H | 13.5 cm W | 1.6 cm T | 204.1 g Wt

A Paperback Original

A riveting true story of a young woman's days stripping in grunge-era San Francisco where a radical group of dancers banded together to unionize and run the club on their own terms.

Summary: When graduate student Jenny Worley needed a fast way to earn more money, she found herself at the door of the Lusty Lady Theater in San Francisco, auditioning on a stage surrounded by mirrors, in platform heels, and not



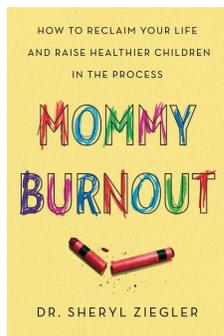
90s Bitch : Media, Culture, and the Failed Promise of Gender Equality

Allison Yarrow
9780062412348, 0062412345
Pub Date: 6/19/18
\$21.00 CAD
416 pages
Paperback
Social Science / Popular Culture
20.3 cm H | 13.5 cm W | 2.4 cm T | 303.1 g Wt

A Paperback Original

Perfect for fans of Peggy Orenstein, Rebecca Traister, and Lindy West, this incisive, timely book pierces our nostalgic 1990s “girl power” bubble to reveal a decade that drastically undermined a century of gains for American women, creating a toxic culture that persists today

Summary: The close of the 20th century promised a new era of gender equality. However, the iconic women of the 1990s—such as Hillary Clinton, Courtney Love, Roseanne Barr, Marcia Clark, and Anita Hill—earned their places in



Mommy Burnout : How to Reclaim Your Life and Raise Healthier Children in the Process

Dr. Sheryl G. Ziegler
9780062683694, 0062683691
Pub Date: 9/25/18
\$21.00 CAD
336 pages
Paperback
Social Science / Sociology / Marriage & Family
20.3 cm H | 13.5 cm W | 1.9 cm T | 240.4 g Wt

The ultimate must-read handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the “perfect mom,” filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause

Summary: I’m so tired
I never get anything done
I’m so depressed
My head /back/neck/stomach hurts all the time