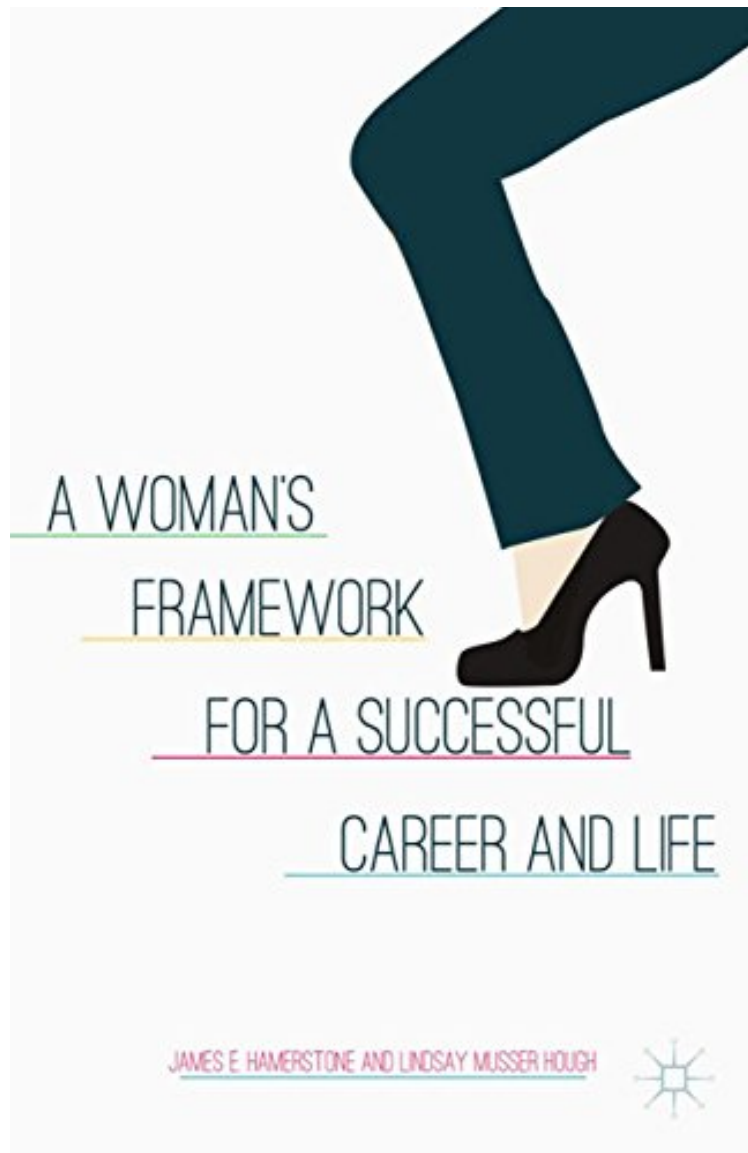


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## A Woman's Framework for a Successful Career and Life

*J. Hamerstone, L. Musser Hough, Lindsay Musser Hough*  
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**J. Hamerstone, L. Musser Hough, Lindsay Musser Hough : A Woman's Framework for a Successful Career and Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Woman's Framework for a Successful Career and Life:

0 of 0 people found the following review helpful. Empowers women with the confidence and tools to navigate their entrance into the working worldBy Gainfully EmployedThis book helped me tremendously in the often-rocky transition between undergraduate life and post-grad employment. This book offers great advice and also instills confidence to nail a job interview, reach out for networking advice and even ask for a raise. I used the techniques in

this book to negotiate my salary in my first job offer! This book reads easily and can be read either as a whole or section by section. Although I didn't read this until after college, I think this book would also be very helpful for a woman entering college. This book would have helped me make the most of networking opportunities during college. Much of this advice seems obvious on the surface but Hamerstone and Musser-Hough have structured in a novel way that makes everything from networking, to negotiating to navigating work/life balance seem attainable and understandable especially to a woman entering the workforce. 1 of 1 people found the following review helpful. +\$34,500 from Ivy League graduate program By hartsa06 Wow, this is the most helpful and insightful book I have read concerning women and success. I read this book the night before I had to meet with a financial aid representative at an Ivy League university. I had already been accepted to the school and had received a "preliminary" financial aid package a few weeks earlier. I was inquiring about receiving more financial aid in the form of grants and scholarships, as opposed to loans. Thanks to the knowledge I acquired from this book, I left the meeting with an added \$34,500 in grants and scholarships combined. This book provides invaluable information for all women (and even men), and I would STRONGLY recommend it. 0 of 0 people found the following review helpful. All Women Must Read! By Samantha Evangelista What an insightful read! This book is perfect for any woman in any stage of her career, but should especially be read by young girls just pursuing a career. This book gives real life examples and then teaches women the rights and wrongs of building a stable career through these examples. There are tons of things that I never realized could be such inhibiting factors when trying to move up in a company or business that are thoroughly explained followed by advice to correct these factors. I also did not realize there were so many resources at my disposal and people that can be of use to me as I journey into the real world from college. Overall, this book has given me confidence as I begin my first job search and I am sure it will help many other women in the same way.

Successfully Navigating a Profession is a comprehensive resource for young women trying to figure out how to build a successful career in today's world. Unfortunately, young women navigating the current workforce are faced with career metaphors that can make achieving a successful career tantamount to sending a text message from a rotary phone. While building a satisfying career in today's economy isn't quite as easy as laying on your couch and texting in your American Idol votes, it doesn't have to seem impossible either. This book explains how. Its 2010 women routinely serve on the President's cabinet (President Obama's has five), lead large corporations such as Pepsi and Xerox, and comprise 60 percent of college graduates. The ingredients to the 'secret sauce' of a woman's career aren't so secret anymore. However, few books provide those ingredients in a straightforward, organized way. In this timely work, the authors lay out, one by one, the building blocks for a successful, lifelong career focusing on skills (such as leadership and communication), mentoring, work-life fit, and personal branding. Is this book a cookbook for success of a modern women's career? Probably not; even the most accomplished women don't claim to have followed a formulaic path to success. What Hamerstone and Musser Hough do is help a young woman think about what her satisfying career might really look like and provide a unifying framework for how to get there. Appropriate for a young woman just entering the workforce up through a woman in mid-career (who doesn't have time to read a dozen different books on various narrow career topics), Successfully Navigating a Profession lays out the key elements of a successful career in a concise and logical manner. Those elements include core skills - Leadership, Communication, Negotiation as well as Networking, Mentoring, Career Path Navigation, Work-Life Fit, and Personal Brand. Each topic includes a summary of key research and leading thought on these issues and is infused with examples and commentary from successful women gathered through interviews the authors conducted with women of all ages in corporate, government, and non-for-profit organizations. Most importantly, each chapter answers the 'So What Does this Mean for Me?' question by offering realistic, concrete suggestions for how women can Successfully Navigate a Profession. The authors offer a unique blend of practical and academic experiences that provides the reader with a framework to successfully navigate her career in today's economy.

"Although the work is targeted toward college women, others in this age group and beyond can benefit from its guidelines. Hamerstone (an academic) and Hough (a consultant) design the work so that it is structured enough to use in a career development class yet practical enough for personal use. . . . The book's strength is in its breadth and practicality." - Recommended in CHOICE "Hamerstone and Hough's practical tips on building your personal brand and board will resonate with women as they navigate their early career. The book's roadmap for career success and advancement provides meaningful scenarios with clear steps to avoid the common pitfalls of professional life. Young women early in their career will glean advice and insight for their own career, but men and women of all career stages should read this book to understand their role and impact in building the next generation of leaders." - Elissa Sangster, Executive Director, Forteaacute; Foundation "The approaches outlined in A Women's Framework for A Successful Career and Life offer women an early path to sustained career advancement. The authors provide practical, useful tips that can be put to use from day one of a woman's career. If more women read and follow their advice, we will be well on our way to closing the leadership gap that persists today in the ranks of executive women." - Kathryn Heath, Partner, Flynn Heath Holt Leadership, and co-author, Break Your Own Rules: How to Change the Patterns of

Thinking That Block Women's Paths to PowerAbout the AuthorAuthor James Hamerstone: James E. Hamerstone is a visiting assistant professor in the Management Department at Gettysburg College. Author Lindsay Musser Hough: Lindsay Musser Hough is a consultant at Deloitte Consultancy in Harrisburg, PA.