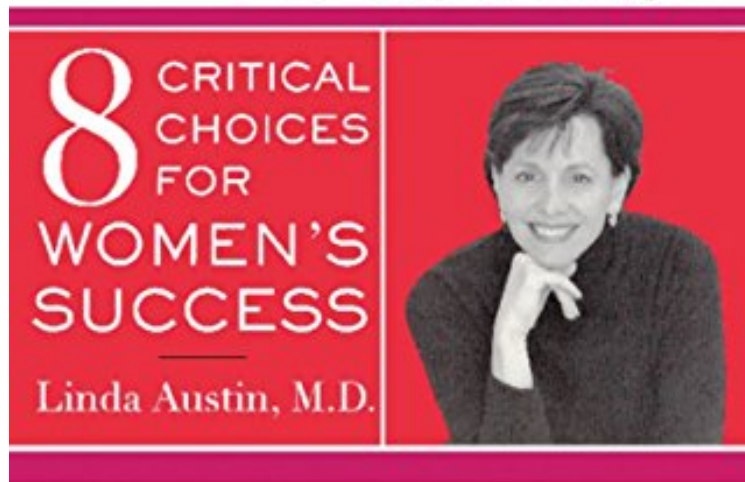
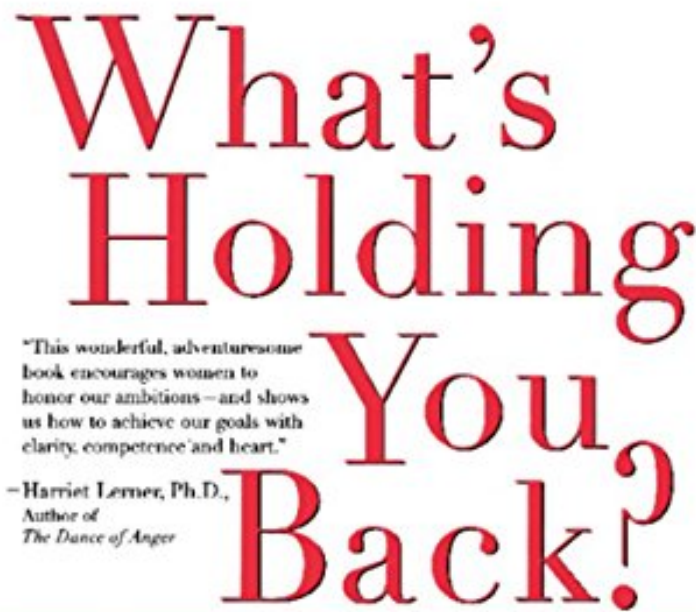


What's Holding You Back?: Eight Critical Choices For Women's Success

Linda Gong Austin

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Customer This book gives you the keys to your true desire, of what YOU are meant to do..your life's passion. The author, gradually coaxes you out of your shell so to speak, with steps to encourage to keep on the journey of discovery. She teaches you how to rebound, when the "going gets tough", to stay focused. She highlights on, how to face challenges, fear, take risks, to uncover what it is You want to do with your life. It is never too late..to discover your lifetime passion, what is your position, job in life.22 of 22 people found the following review helpful. This gifted woman helps others achieve their dreams!By A Customer I have been enthusiastically recommending this book to every woman in my peer group ever since I read it. Before I quit my job, I was a lawyer , but I also had a family that needed me at home. I was perpetually struggling to find a middle ground, to be taken seriously at work, to meet the needs of my family. I know the issues Austin discusses are real! I wish I had read the book at the beginning of my career rather than wait until I was discouraged and had already opted out of the workplace. But, when I was starting my career in the early `80's, there were no such books as this. Austin is a trailblazer, a creative thinker who wrote this book to help other women, and I thank her. My attorney friends have been very enthusiastic about the book when I recommended it, but I was surprised that some women in more "traditionally feminine" careers were put off by the "woman's libber" implication of the title, and they refused to read it. Please, don't make that mistake! Austin doesn't try to say that a woman has to fit into the same career mold as a man, nor define achievement the same way, either. In that sense, this book breaks the mold of many books about women's achievement. Austin's goal is not to give tips about how to fit into a man's world. Instead, she gives a map and compass that a woman can use to navigate her own path. A truly empowering book, it convinced me that many of my personal attributes that had sabotaged me in the workplace were, in fact, assets which I could uniquely appreciate and exploit to forge my own, creative career solutions. I think the ideal, target audience for this book is a woman who is gifted, educated, and who really wants to achieve but who doesn't quite know how to overcome the special obstacles that women typically must confront. These obstacles include things like (a chapter devoted to each of the following): the goals we choose (or don't choose) for ourselves to begin with, having self confidence even when no one encourages us, taking risks even when it's uncomfortable, focusing talents even when that means forgoing other possibilities, taking positions of leadership even if it feels like we are neglecting daily tasks, competing head to head with others, dealing with distractions, coping with failure, and wielding power. I'm not a fan of "self help" books, but I could relate with personal examples to every single issue Austin explores in her book. Her book encouraged me enough, personally, that I'm going to give it a go again in law practice, but this time on my own terms and in a way that is more true to my own values. Finally, for those intellectuals among us, this book is well enough researched and documented that, if it had footnotes, it could have been published as a scholarly text in the psychology of gifted and/or achieving women. But it doesn't read in a stilted way. It reads conversationally and easily, much like Austin's radio talk show that I listen to on S.C. Educational Radio. I honestly believe this book is a "must-read" for any woman who has experienced career frustration and who wants to set and meet goals for herself in life in a way that will be authentic to fulfilling her dream of who she wants to be as a person and as an achiever.

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