



Women in Cable
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Washington DC/
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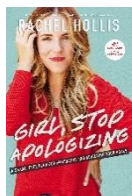
WICT Washington, DC / Baltimore Chapter 2019 Recommended Summer Reading List



CLIMB: Taking Every Step with Conviction, Courage and Calculated Risk to Achieve a Thriving Career and a Successful Life

Author: Michelle Gadsden-Williams

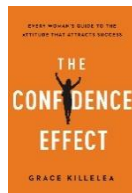
Why read it? In *Climb*, Gadsden-Williams combines her inspirational life story with pragmatic solutions to address problems facing women in corporate America, offering a professional playbook for tackling today's most pressing workplace issues.



Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals

Author: Rachel Hollis

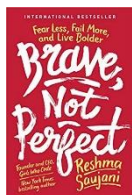
Why read it? With a challenge to women everywhere to stop talking themselves out of their dreams, Hollis identifies the excuses to let go of, the behaviors to adopt, and the skills to acquire on the path to growth, confidence, and believing in yourself.



The Confidence Effect: Every Woman's Guide to the Attitude That Attracts Success

Author: Grace Killelea

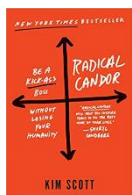
Why Read it? *The Confidence Effect* moves beyond research, statistics, and cheerleading, and focuses on what's really important: how women can become more confident, one step at a time.



Brave, Not Perfect: Fear Less, Fail More, and Live Bolder

Author: Reshma Saujani

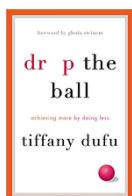
Why read it? In *Brave, Not Perfect*, Reshma shares powerful insights and practices to help us let go of our need for perfection and make bravery a lifelong habit. By being brave, not perfect, we can all become the authors of our biggest, boldest, and most joyful life.



Radical Candor: Be a Kick-Ass Boss Without Losing Your Humanity

Author: Kim Scott

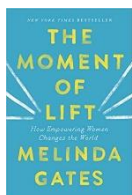
Why read it? Taken from years of the author's experience and distilled clearly giving actionable lessons to the reader; *Radical Candor* shows managers how to be successful while retaining their humanity, finding meaning in their job, and creating an environment where people both love their work and their colleagues.



Drop the Ball: Achieving More by Doing Less

Author: Tiffany Dufu

Why read it? In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home.



The Moment of Lift: How Empowering Women Changes the World

Author: Melinda Gates

Why read it? Sharing lessons from people around the world, this book shares women's struggles and stories to present issues that most need our attention - - to show the power of connecting one another.

*Click on the book images for more info.

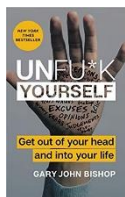


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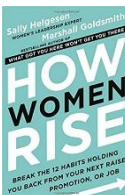
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Unfu*k Yourself: Get Out of Your Head and into Your Life

Author: Gary John Bishop

Why read it? "Wake up to the miracle you are," Bishop directs. "Here's what you've forgotten: You're a fu*king miracle of being." It isn't other people that are standing in your way, it isn't even your circumstances that are blocking your ability to thrive, it's yourself and the negative self-talk you keep telling yourself.



How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job

Author: Sally Helgesen & Marshall Goldsmith

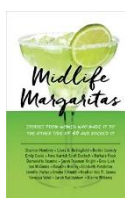
Why read it? Sally and Marshall identify the 12 habits that hold women back as they seek to advance, showing them why what worked for them in the past might actually be sabotaging their future success.



Radio Heaven: One Woman's Journey to Grace

Author: Dr Sam Collins

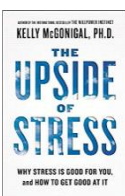
Why read it? Not the usual success book, it's a memoir about failure and how to thrive from it. It is about the power of doing business for social good and designing your own destiny rather than waiting for your parents, bosses, partners, or society to determine it for you.



Midlife Margaritas: Stories from Women Who Made It to the Other Side of 40 and Rocked It

Various Authors

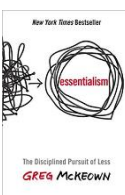
Why read it? Midlife Margaritas is a collection of essays by a diverse group of women sharing their heartwarming and hilarious stories of what it's like to conquer forty in today's world and live to tell the tale. They are the stories of women rising up after unimaginable loss, of overcoming impossible odds, and of finding humor in the everyday challenges we all face.



The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It

Author: Kelly McGonigal

Why read it? Both practical and life-changing, *The Upside of Stress* is not a guide to getting rid of stress, but a toolkit for getting better at it—by understanding, accepting, and leveraging it to your advantage.



Essentialism: The Disciplined Pursuit of Less

Author: Greg McKeown

Why read it? By forcing us to apply a more selective criteria for what is Essential, the disciplined pursuit of less empowers us to reclaim control of our own choices about where to spend our precious time and energy—instead of giving others the implicit permission to choose for us.



It's About Time: The Art of Choosing the Meaningful Over the Urgent

Valorie Burton

Why read it? Modern life has evolved in a way that sets us up for stress, pressure, and overload. *It's About Time* helps you reimagine a life that is meaningful, at a pace that is natural, with a load that is doable and equips you with the tools to make it happen.

*Click on the book images for more info.



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