




Lean In

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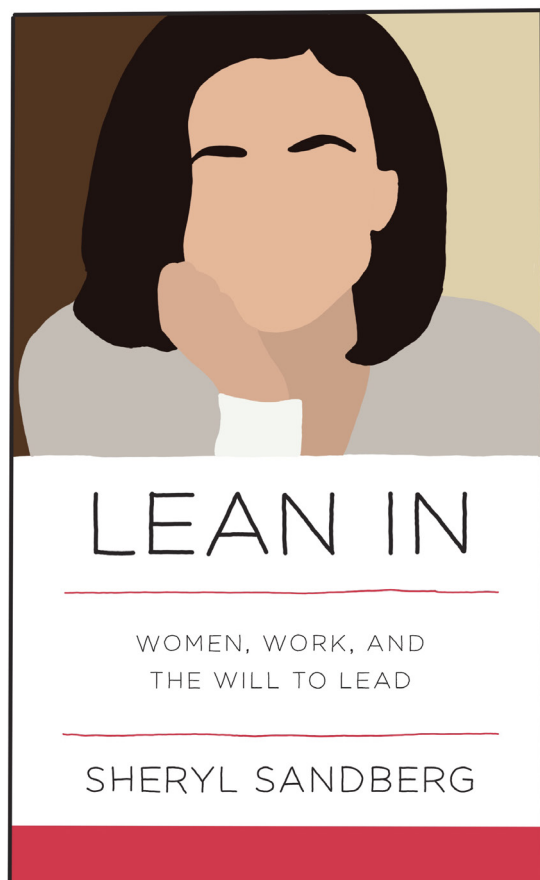
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Lean In

by Sheryl Sandberg

Book Review by Alyssa Clark

To attain greater gender equality in the workplace, women must actively lean in to their work, take a seat at the table, and advocate for themselves and other women. Using social science research to back up her personal experiences, Sheryl Sandberg shows that gender discrimination still exists in the workplace and argues that not only can it be remedied, but it can also yield great benefits for individuals, companies, and society.

Sandberg's experiences and advice are useful to all readers, regardless of gender, but her message is explicitly written to outline the unique barriers to success—and

strategies for overcoming them—that women face professionally. While recognizing and demonstrating gendered workplace barriers, Sandberg also articulates that women need to stop being victims and take control of their experiences. In fact, she suggests that women have a responsibility to step up.

Sandberg's message is interwoven with practical advice for how women and men can work together to mitigate the gendered obstacles faced at work and at home. Some of her tips for women include seeking diverse experiences to prepare for leadership, advocating for yourself rather than waiting for recognition, learning a new skill every eighteen months, and working with your partner to find the appropriate work-life balance for your situation.

As a woman working towards a professional career, I feel validated, reassured, and empowered by Sandberg's message. Increasing awareness of the legitimate gendered barriers that exist at work and home allows us to take steps toward mitigating their negative effects and offering true freedom of choice to both men and women. This means supporting both women at work and women at home. Likewise, it means supporting men at work and men at home. Ultimately, this ideal offers an opportunity for individuals to pursue their personal development to maximize divine gifts, talents, and ambitions to make a meaningful difference in the world.

Sandberg's message is intended to begin a conversation about what we can be doing better, and how. She states, "I have written this book to encourage women to dream big, forge a path through obstacles, and achieve their full potential. I am hoping that each woman will set her own goals and reach for them with gusto." Each chapter offers practical advice, given candidly and from the perspective of someone who wants to see other women succeed according to their own definitions of success.