Lean In

Alyssa Clark
Brigham Young University, alyssac.647@gmail.com

Follow this and additional works at: https://scholarsarchive.byu.edu/marriottstudentreview

Part of the Business Administration, Management, and Operations Commons, Gender and Sexuality Commons, Gender, Race, Sexuality, and Ethnicity in Communication Commons, and the Leadership Studies Commons

Marriott Student Review is a student journal created and published as a project for the Writing for Business Communications course at Brigham Young University (BYU). The views expressed in Marriott Student Review are not necessarily endorsed by BYU or The Church of Jesus Christ of Latter-day Saints.

Recommended Citation
Clark, Alyssa () "Lean In," Marriott Student Review: Vol. 2 : Iss. 3 , Article 15.
Available at: https://scholarsarchive.byu.edu/marriottstudentreview/vol2/iss3/15

This Book Review is brought to you for free and open access by the All Journals at BYU ScholarsArchive. It has been accepted for inclusion in Marriott Student Review by an authorized editor of BYU ScholarsArchive. For more information, please contact scholarsarchive@byu.edu, ellen_amatangelo@byu.edu.
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.