

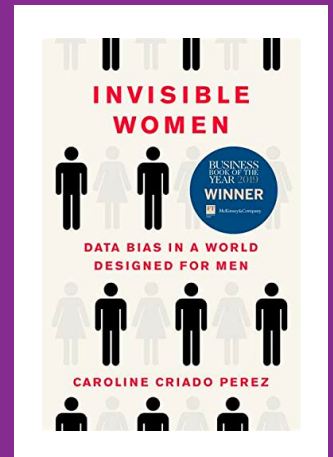
Thought provoking books / Livres qui suscitent la réflexion :

Invisible Women, Data Bias in a World Designed for Men by Caroline Criado Perez

Data is fundamental to the modern world. From economic development to health care to education and public policy, we rely on numbers to allocate resources and make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this insidious bias, in time, in money, and often with their lives.

Celebrated feminist advocate Caroline Criado Perez investigates this shocking root cause of gender inequality in the award-winning, #1 international bestseller Invisible Women. Examining the home, the workplace, the public square, the doctor's office, and more, Criado Perez unearths a dangerous pattern in data and its consequences on women's lives. Product designers use a "one-size-fits-all" approach to everything from pianos to cell phones to voice recognition software, when in fact this approach is designed to fit men. Cities prioritize men's needs when designing public transportation, roads, and even snow removal, neglecting to consider women's safety or unique responsibilities and travel patterns. And in medical research, women have largely been excluded from studies and textbooks, leaving them chronically misunderstood, mistreated, and misdiagnosed.

Built on hundreds of studies in the United States, in the United Kingdom, and around the world, and written with energy, wit, and sparkling intelligence, this is a groundbreaking, highly readable exposé that will change the way you look at the world.



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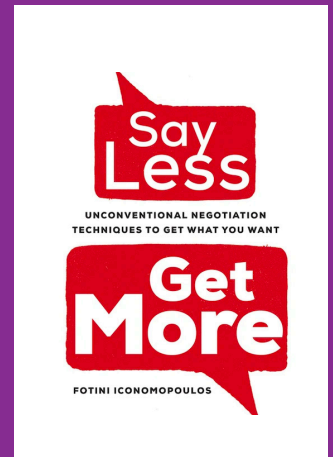
Say Less, Get More: Unconventional Negotiation Techniques to Get What You Want by Fotini Iconomopoulos

Nicknamed “the negotiator” as a child, Fotini Iconomopoulos has been honing her skills her entire life. As a sought-after expert, for more than a decade she’s been empowering Fortune 500 executives and their teams to achieve their objectives, guiding them through high-stakes scenarios in industries such as consumer packaged goods, retail, professional services, energy, telecommunications, tech and finance. Now for the first time, Iconomopoulos shares her simple and innovative strategies, debunks common negotiation myths and explains why effective negotiation does not follow a one-size fits all/art of the deal approach. In Say Less,

Get More you’ll find out how to:

- Assess where your situation falls on the negotiation spectrum so you can adjust your tactics accordingly
- Understand who you are negotiating with, their background and their goals, in order to develop your approach
- Determine your starting position, your final outcome and a strategy to get there
- Manage the negotiation process, overcome obstacles and find common ground
- Communicate effectively in any scenario, including learning what to say and when to say it if you can’t reach a deal
- Develop and foster excellent client relationships and networks

Once you are armed with Iconomopoulos’s sensible strategies and proven advice, you’ll be able to confidently get what you want in business and in life.

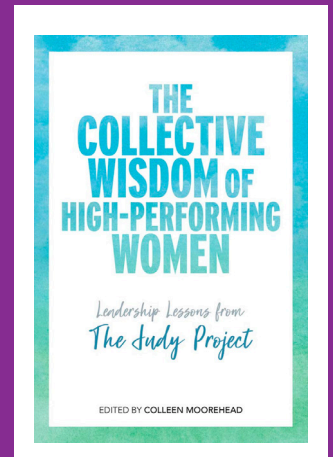


Thought provoking books / Livres qui suscitent la réflexion :

The Collective Wisdom of High-Performing Women: Leadership Lessons from The Judy Project

By now, most young and ambitious women have read Sheryl Sandberg's bestselling book, *Lean In*, which urges women to stop undermining themselves and seek The Collective Wisdom of High-Performing Women winning leaders. These characteristics - compassion, honesty, and authenticity, for example - were once seen as feminine weaknesses in the command-and-control corporate world. But today, in an inclusive and connected world, they define the leader who strengthens organizations rather than undermines them.

This book comes from the voices of experience: over 70 women who have participated in The Judy Project, a 16-year-old leadership forum for women leaders who are aiming for the top. In compelling, first-person stories, they talk about ambition, courage, and the hard choices they've made to manage personal and professional lives in the real world of business. They tell stories about how they put into action the 10 leadership traits, and they offer sage advice to young people - especially young women - about how they can move up in organizations while remaining true to themselves and to their families.



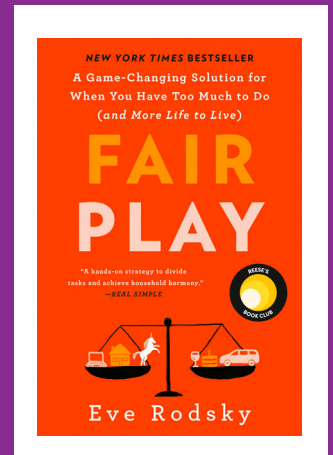
Thought provoking books / Livres qui suscitent la réflexion :

Fair Play: A Game-Changing Solution for When You Have Too Much to Do (and More Life to Live) by Eve Rodsky

It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family--and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it.

The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner.

“Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space--the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.



Thought provoking books / Livres qui suscitent la réflexion :

Limitless, by Laura Gassner Otting

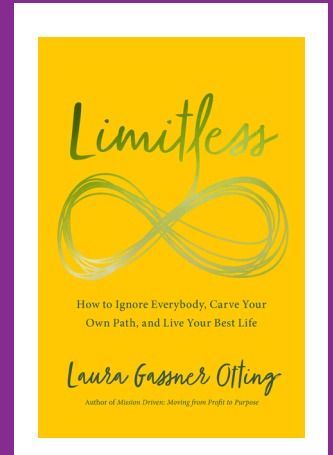
Limitless helps innovators, idealists, and iconoclasts get “unstuck” — and achieve extraordinary results. This book is like a high energy masterclass and brainstorming session all in one – with actionable tips to transform your vision for your career and doing work with purpose.

What if success doesn't equal happiness? Many of us spend our lives pursuing a singular idea of success, one that was created for us by someone else. We give votes to those who shouldn't even have voices and strive to go faster and faster even as we find ourselves falling further and further behind. We chase gold stars, we check all the boxes, we Lean In – and we still feel incomplete.

This is not a story about failure, but it might as well be. When we don't define success in our own terms, finding our purpose and carving our own path becomes impossible. How do you break the cycle so that you can be better at work and life?

In Limitless, Laura Gassner Otting teaches you how to ignore the rules that created your limits, align your energies and your actions, and do work that really matters so that you can live your best life. Often described as “a kick in the ass surrounded by a warm hug,” Laura brings both tough love and wisdom and offers a no-holds-barred look at what it really takes to get out of your own way and earn your success today.

If you ever dreamed about discovering and crushing that personal goal that is so big and so scary that you've only dared whisper it to yourself, this book is the permission you didn't even know you needed to live into it as only you can.



Thought provoking books / Livres qui suscitent la réflexion :

Untamed by Glennon Doyle

Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on each member's ability to bring her full self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is.

Le jour où elle croise le regard de celle qui deviendra sa femme, la vie de Glennon Doyle bascule pour toujours. Cet instant suspendu et inattendu fait voler en éclats les codes établis et elle prend alors conscience qu'elle a étouffé ses désirs pour se conformer aux diktats de la société. Emouvant et drôle, percutant et tendre, *Indomptée* est un témoignage intime et un électrochoc galvanisant : l'histoire d'une femme qui découvre qu'une mère responsable n'est pas celle qui s'oublie pour ses enfants, mais une femme qui leur montre comment vivre pleinement. C'est aussi l'histoire de chacune et chacun d'entre nous, lorsque nous commençons à croire en nous, poser nos limites, honorer notre colère et devenir audacieux.ses et indompté.e.s ! Une envie contagieuse d'être soi-même!

