

WomanUP!® 2023 Fall Reading List:

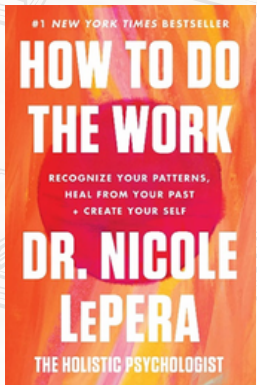
curated by: *Leslie*

Next! The Power of Reinvention in Life and Work by Joanne Lipman



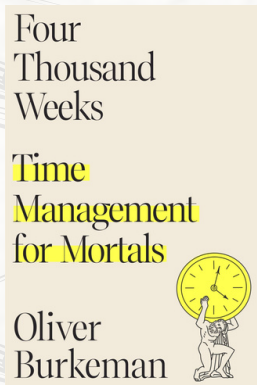
This is a book I picked up as part of my Life Review process, discovering what I wanted my post-C.A.R. life to look like. Retirement is a big “next” but in truth there many times in life where the question “What’s next and how do I get there?” presents itself. In this book you will hear the stories, first hand, of people from all walks of life (and companies too) who find themselves on the cusp of reinvention. James Patterson, Alan Greenspan and Ina Garten all have surprising and successful reinventions. You’ll also love the story of Play-Doh transforming itself from a soot cleaner to the iconic toy beloved by children to this day. Relying on compelling storying and the latest advances in neuroscience, Lipman offers up her Reinvention Roadmap, Strategies for Success and a very useful epilog containing a tool kit for moving forward. These tools are: Search, Struggle, Stop and Solution. “Everybody else’s journey looks so nice and neat, and we feel like we’re the only ones who are a mess, but frankly, we all go through that struggle.” Reinvention is a wild ride – buckle your seat belt and get going!

How to Do the Work by Dr. Nicole LePera



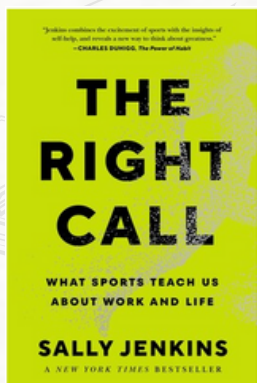
At its core, a book about understanding yourself, healing yourself and moving forward joyously into your own life.. This process, which starts with an unvarnished review of your childhood, is the fundamental first step required before change is even possible. A great quote: “The familiar seems safe that is until we teach ourselves that discomfort is temporary and a necessary part of transformation.” You may already know Dr. LePera through her popular Instagram account @the.holistic.psychologist. The book has been described as a manifesto for Holistic Psychology, offering a roadmap for breaking free from destructive behavior, making space to reclaim and recreate our own lives. What led me to this book was the recommendation by one of my favs, Mel Robbins who called the book “a masterpiece of empowerment”. For me the most compelling chapter was on boundaries and, sticking with my search for tools and tips, LePera provides several scripts for saying no.

Four Thousand Weeks Time Management for Mortals by Oliver Burkeman



This is the book you wish you could have read 20 years ago. Then again, recalling the adage “when the student is ready the teacher appears”, the timing may be just right. It’s like no time management book you have ever read. From the very start Burkeman lays it on the line: “The average human lifespan is absurdly, insultingly brief. Assuming you live to be eighty, you have just over four thousand weeks”. There it is. Mortality. The “budget constraint we all share. And in the following pages he makes the case for choice and choosing wisely among the myriad of options for how to spend our precious time. I found the Appendix: Ten Tools for Embracing Your Finitude particular useful. They Include: adopt a “fixed volume” approach to productivity; decide in advance what to fail at; be a researcher in relationships; and cultivate instantaneous generosity.

The Right Call by Sally Jenkins

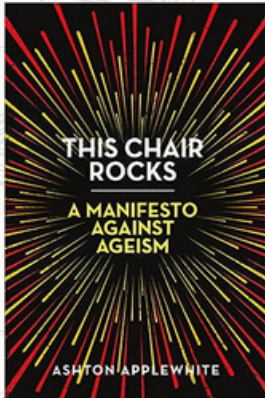


This is the book that has made me do what I never thought possible – recommend a book full of sports analogies. That’s right. After all the years of sitting through “man-up” conference full of them and turning off, here I am on the other side, realizing how much I was missing. Jenkins is a sport journalist who has been with the Washington Post for over twenty years, has written twelve books and in 2005 was the first woman to be inducted into the national Sportscaster and Sportswriter Hall of Fame. Piqued your interest? What can world class athletes who make decisions under pressure for a living tell us about ourselves? A lot. Jenkins uses real world examples to illuminate the seven principles behind great decision-making: Conditioning, Practice, discipline, Candor, Culture, Failure and Intention. It’s a fun and compelling read you won’t want to miss.

WomanUP!® 2023 Fall Reading List:

curated by: *Leslie*

This Chair Rocks: A Manifesto Against Ageism by Ashton Applewhite



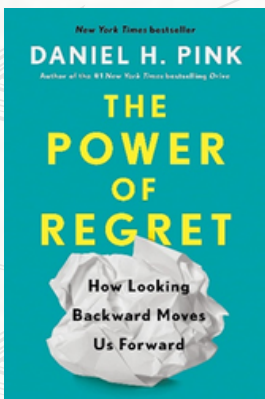
This is a book not just for the aging but for the ages. I was hooked by Applewhite's 2017 TED Talk "Let's End Ageism" and this book carries the same themes forward which power and insight. Last year for Coffee & Conversations I had a fascinating conversation with Amy Cherow, Debra Durbin and Cathy Schatetg on the realities of aging and the misconceptions and roadblocks that come along with it. Like it or not, it's a process that everyone experiences and with people living and working longer it is more important than ever to talk about. In this book Applewhite asserts: "Aging isn't a problem to be solved. Or a disease to be cured. Or something icky that old people do. It's how we move through life, and more of us are doing more of it than ever before in human history. What stands between us and making the most of these longer lives? Ageism: judging, stereotyping, and discriminating against people on the basis of how old we think they are." Her goal? "To shift the entire conversation around longevity – from deficit to opportunity, from dependence to interdependence, from burden to gift – and transform our internal experience along with it. Let's do it!

The Midnight Library by Matt Haig



This is a New York Times Bestseller that offers a respite from the hard-charging roadmaps for change and reinvention. In fact, it is a book of fiction exploring the myriad "what ifs" that we carry with us through life, accumulating more and more as we go. Have you ever pondered where you would be today if you had made different choices in your life? A different profession? A different spouse? A different city? In this book, Nora, the protagonist, finds in the midnight library a collection of books about her and what would have happened if she had made different choices. Each book represents a different version of Nora's life, a life of joys and sorrows, people and places, events and tragedies that spawned from a single choice, a decision, or in the case of this girl so full of regrets, something that didn't happen because she didn't make that choice. Needless to say, the books give her a fresh perspective.

The Power of Regret How Looking Backward Moves Us Forward by Daniel Pink



This shifted my paradigm on regrets. He points out the fact that the two-word mantra "No Regrets" is both ubiquitous and wrong and, in his words, nonsense. What a waste to go through challenging times and not mine the experience for positive change? Why ignore such a valuable opportunity to learn about yourself not by what you think and say but by what you actually did? Embracing the fact that every single decision has brought you to where you are today is an invaluable upside of regret.

"Though we would like to live without regrets, and sometimes proudly insist that we have none, this is not really possible, if only because we are mortal."
James Baldwin, 1967

Keep Moving: Notes on Loss Creativity and Change by the poet Maggie Smith



This is the perfect book to close out this list of recommended fall reading. It is a short book of inspirational and thoughtful phrases that will fill you up like no other. Each of its three sections: Revision, Resilience and Transformation contains stories and aspirations that will either propel you forward or bring you to your knees or both. You also may recognize her from her poem Good Bones which describes the reality of raising children in a world that is turned upside down. May they make the world beautiful. Enjoy.