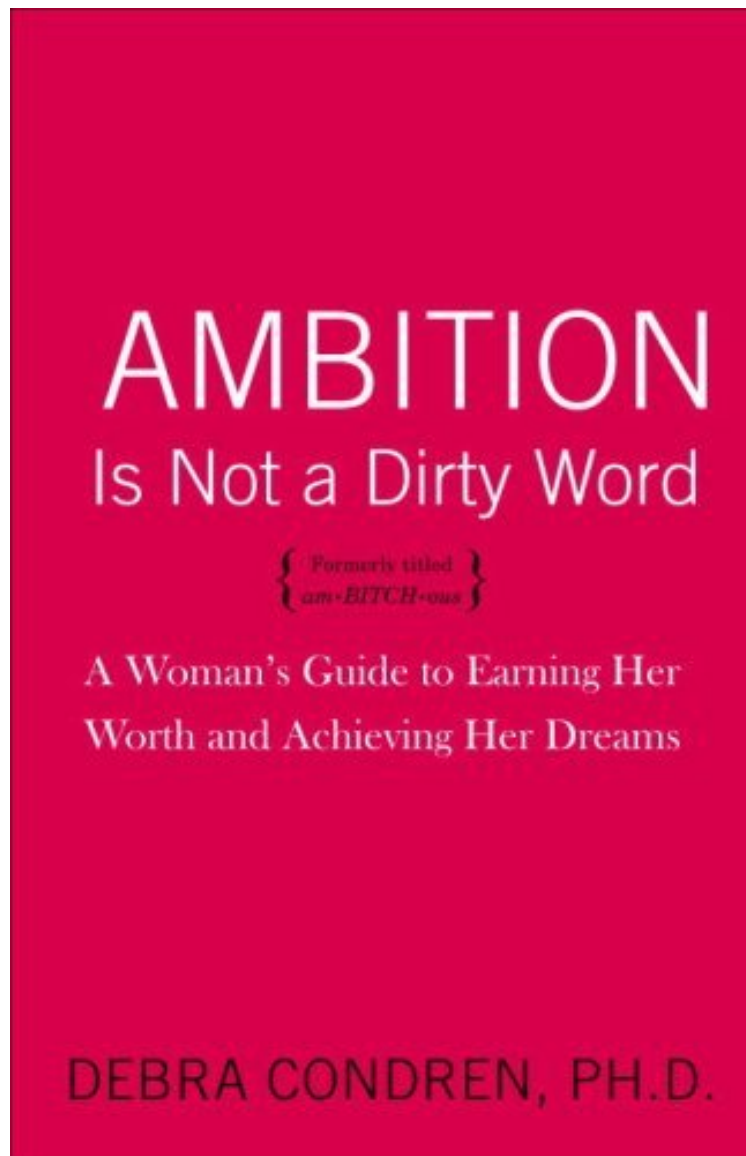


[Free download] *Ambition Is Not a Dirty Word: A Woman's Guide to Earning Her Worth and Achieving Her Dreams*

Ambition Is Not a Dirty Word: A Woman's Guide to Earning Her Worth and Achieving Her Dreams

Debra Condren

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Debra Condren : Ambition Is Not a Dirty Word: A Woman's Guide to Earning Her Worth and Achieving Her Dreams before purchasing it in order to gage whether or not it would be worth my time, and all praised *Ambition Is Not a Dirty Word: A Woman's Guide to Earning Her Worth and Achieving Her Dreams*:

0 of 0 people found the following review helpful. Highly recommended - from a MALE executive coachBy CRPHDI

work with senior executives and every time I've recommended this book to my female clients they have thanked me. And... every male executive who has read it said, "I wish I had read it earlier in my career." 0 of 1 people found the following review helpful. GreatBy Celina Tabuenathe book arrived within the estimation time given. It did have a little wear and tear like the description had said. 1 of 1 people found the following review helpful. About that pay differential...By Joanna D.The data still come in that women earn about 80 cents for every dollar a man earns. 44% of that wage gap can be attributed to WHAT women do (pink collar jobs, taking time to raise children) and a further 18% of the gap was associated with workplace characteristics such as WHERE women work. But the remaining 38% of the wage gap cannot be explained.Author Condren attempts to teach women skills to bridge that considerable gap. Not since Hardball for Women has someone tried to instruct women how to play the game to win.The advice covers quite a range, from avoiding self-sabotaging female behavior (submissive, apologetic false modesty) to blowing your own horn, deactivating detractors and saboteurs, acquiring allies, getting coaching and negotiation skills. Landing a job with the right pay can have cascading consequences downstream to the rest of your career, so this is advice you really can't afford to ignore.I'd say "RECOMMENDED" but I think the right word here is "ESSENTIAL."Permalink | Why no voting buttons? We don't let customers vote on their own reviews, so the voting buttons appear only when you look at reviews submitted by others.

Wouldn't it be great if you could be audaciously ambitious and happy at the same time? You can, and you will. I'm here to tell you that all of your priorities—personal and ambitious career goals alike—can fit together harmoniously. I'll show you how, like thousands of women I've worked with over the years, you can make more money, earn the credit and recognition you deserve, have more power, and be as ambitious as you want to be. I'll show you how you can be ambitious without compromising your ethics and integrity. I'll show you that you can feel worthy and entitled to all of this without fear that you risk sacrificing your desire to have a full, happy personal life and without being afraid that you'll be less of a woman. It's worked for me. It's worked for countless ambitious women I've advised. It will work for you. —From *Ambition is Not a Dirty Word: A Woman's Guide to Earning Her Worth and Achieving Her Dreams*We women aren't advancing in our careers the way we should. We're not making the money we deserve or getting the fulfillment we desire. And this time it's not men who are holding us back. This time we're doing it to ourselves, because ambition—for us—is still a dirty word. Debra Condren has coached thousands of women at every level—from those just starting out to the most powerful female executives in the United States—and each one possesses the same fear: if she goes after her dream, she'll be seen as selfish, bitchy, a bad wife, or bad mother. But it's exactly this fear of ambition that has forced women to leave the best part of themselves—their dreams, their great talents—by the roadside, rendering them less able to be the whole people they should be in every area of their lives. Condren has a new message and mission: to remind women that ambition is a virtue, not a vice. Ambition is the best of who we are. The real way to have a great life is to see ambition as a part of your value system to which you must give equal attention, along with the other priorities you hold dear, including your spouse, your children, and your friends. In *Ambition is Not a Dirty Word*, Dr. Condren offers fresh, powerful tools for reclaiming your dreams. Her eight Ambitious Rules provide concrete, innovative solutions to the everyday struggles we as women face, like taking credit, deflecting detractors, and handling confrontation, so that you can become more powerful and fulfilled at work and more satisfied at home. You can redefine your ambition in the face of social sanctions and unapologetically go after your dreams without sacrificing the rest of your life. You owe it to yourself and the world to make the contribution you were born to make. Debra Condren will show you how to do it. From the Trade Paperback edition.

Praise for Debra Condren and *Ambition is Not a Dirty Word: Ambition Is Not A Dirty Word* is a Recommended Book on OprahSelects.com. (Originally published in hard cover under the title, *BITCH: Reclaim Ambition As a Virtue*.) Irreverent, ferocious, funny, and wise! Any woman who has ever felt conflicted about feeling passionate about her work should read this book cover to cover. —Barbara Corcoran, real estate magnate, national bestselling author, regular contributor to ABC's *Good Morning America* and *The View* "A defiant charge to women to 'reclaim ambition as a virtue' — 'Wouldn't it be inspiring if you could acknowledge straight up, to yourself and to others, that you have big, wild and precious professional goals?' Condren's corrective manifesto urges women to pry apart the bars of 'common self-imposed traps' which cause ambitious women to 'sell themselves short' — Then *New York Times* "This is a book that every woman in her twenties, intent on climbing the ladder, must read. It's your golden ticket (literally) to setting a precedent of success in the early years of your career." —Hannah Seligson, author of *New Girl on the Job: Advice from the Trenches* "Debra Condren's book is something I wish I had twenty years ago. Having learned from my mistakes, being a person who self-sabotaged for many years, afraid of the A-word, life as a mother, a filmmaker, and an actor has made me come to terms with the word ambition. It's okay and I'm proud of who I am today. Read this book so you can avoid the long road of self-sabotage

and embrace ambition as a powerful virtue." —Rosanna Arquette, actress

This is an inspiring, empowering, and practical book. Give it to your friends, sisters, and daughters. . . .

About the Author: Debra Condren, Ph.D., is a business psychologist, entrepreneur, executive coach and career advisor, and the founder and executive director of the Women's Business Alliance, an organization that has served as a motivational think tank for 3,000 women over fifteen years. Dr. Condren received a U.S. Small Business Administration's Women in Business Advocate of the Year Award in 2000. Her client roster includes a diverse list of Fortune 500 companies, and a wide array of executives, professionals, and students between the ages of sixteen and sixty. Debra's advice has been featured in major media outlets including the New York Times, Wall Street Journal, Washington Post, ABC's Nightline, and NPR's Morning Edition. She lives in New York City and San Francisco with her husband, son, and stepson. To receive Debra's complimentary CD, "Unleash Your Ambition: You CAN Be Unapologetically Ambitious WITHOUT Sacrificing A Rich, Fulfilling Personal Life," plus her weekly ezine, "Break It Down, Debra! Updates On Ambition Life," go to: www.AmbitionIsNotADirtyWord.com.

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Read an Excerpt: "Wouldn't it be great if you could be audaciously ambitious and happy at the same time? You can, and you will. I'm here to tell you that all of your priorities—personal and ambitious career goals—can fit together harmoniously. I'll show you how, like thousands of women I've worked with over the years, you can make more money, earn the credit and recognition you deserve, have more power, and be as ambitious as you want to be. I'll show you how you can be ambitious without compromising your ethics and integrity. I'll show you that you can feel worthy and entitled to all of this without fear that you risk sacrificing your desire to have a full, happy personal life and without being afraid that you'll be less of a woman. It's worked for me. It's worked for countless ambitious women I've advised. It will work for you." —From *Ambition is Not a Dirty Word: A Woman's Guide to Earning Her Worth and Achieving Her Dreams*

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