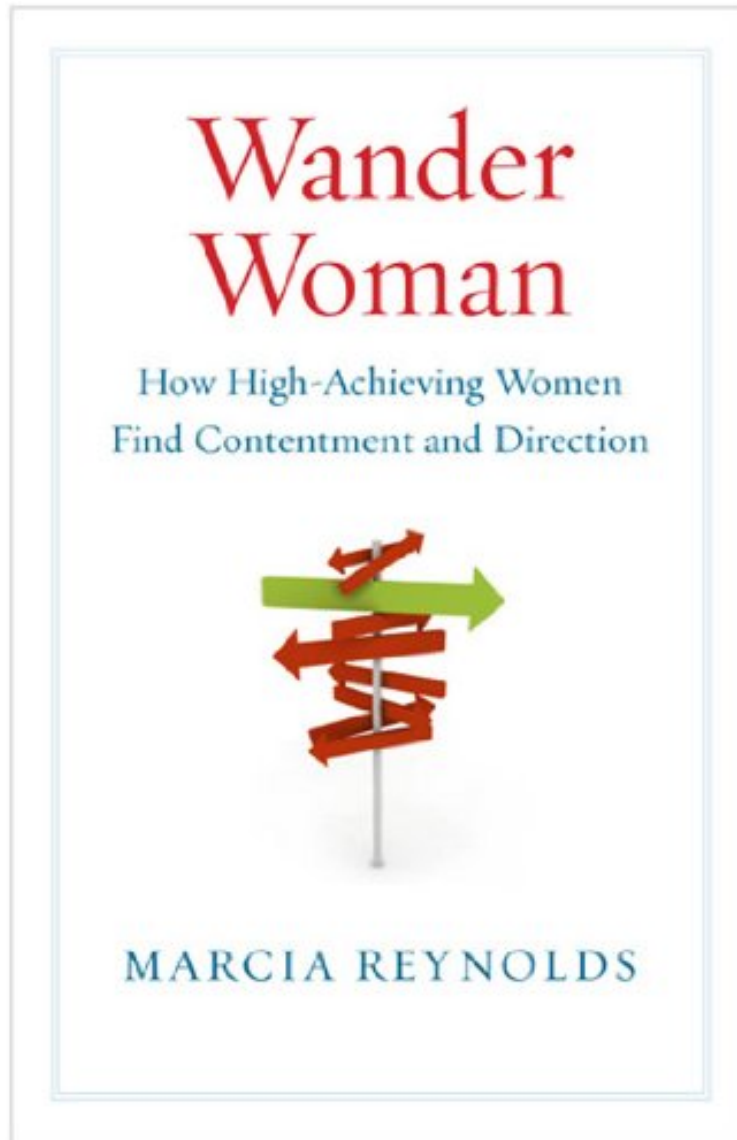


(Ebook pdf) Wander Woman: How High-Achieving Women Find Contentment and Direction

# Wander Woman: How High-Achieving Women Find Contentment and Direction

*Marcia Reynolds*

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**Marcia Reynolds : Wander Woman: How High-Achieving Women Find Contentment and Direction** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wander Woman: How High-Achieving Women Find Contentment and Direction:

0 of 0 people found the following review helpful. GREAT READBy JMK Dr. JoyceAs a counselor who works with women on work-life balance, I, too, have experienced the stories of women who had to work twice as hard to get the

necessary respect for exemplary work, due to gender. I applaud Dr. Reynolds for bringing the old paradigm of "Women should be seen and not heard" to "Revolutionary Women" who contribute significantly to the workplace; women who stand out, regardless of gender and are paid the same for doing so! This book represents a new way of looking at women in the workplace and it will inspire all women to reach for their true potential. I, highly, recommend this book to anyone who wants a great understanding of high-achieving women. Dr. Joyce M. Knudsen, Ph.D., AICI CIM Distinguished EMERIUS21 of 22 people found the following review helpful. `Wander Woman' Charts Emotional Pathways to Success, Contentment By Frances Flynn Thorsen Do you ask yourself, "Can I be happy? Is that enough? Am I born a certain way? Can I change myself? If I choose to let go or not be focused on achievement, who will I be? How can I find a life partner or keep my relationship healthy even when I am always busy?" "Wander Woman: How High Achieving Women Find Contentment and Direction" (Berrett-Koehler Publishers 2010) offers emotional antioxidants and avenues of deep introspection that trade the questions for answers. Marcia Reynolds is a Master Certified Coach and PsyD, organizational psychologist, an international pioneer in executive coaching, a coach's Coach. She is a revolutionary thought leader who blends ancient wisdom, evidence based neuroscience, and persuasive coaching techniques in a targeted guide for high achieving women. She is a Huffington Post blogger and a serious devotee of social media. Her Facebook and Twitter engagement and her personal blogs are blessings in the social space. I discovered Reynolds on Huffington Post and followed her social crumbs across new media. Every morsel of content the author shares online is rich and thought provoking. "Wander Woman" is no exception to her rule governing excellence. In a refreshing departure from coaching content du jour, the author does not channel celebrity spirits. She offers no funky discourse about law of physics applied to law of attraction that Max Planck Society scientists find wildly entertaining. "Wander Woman" is a welcome antidote for women suffering from law of attraction fatigue. I suffer from acute and chronic professional wanderlust. I am a restless spirit, a fractured soul. My adult journey has found me in newspaper reporting, magazine editing (print and online), real estate sales and training, online community management, risk management consulting, social media and blog coaching, and content creation across numerous venues. The author has the uncanny ability to make this reader think she tailored this book for me alone. Interestingly, Reynolds appeals to women navigating through, below, and away from the glass ceiling -- seasoned executives, middle managers with a yen to grow professionally without climbing the corporate ladder, and entrepreneurs. The author shares a poignant personal story of youthful adversity, a short stint in jail following an adventure with illegal drugs. She harnesses the will and power to transform a seminal experience into two masters' degrees and a doctoral degree, focusing on exploration of the human brain and behavior. "This book is intended to help you answer the questions you ask when you wander ... Will I ever find peace of mind in the moment? Will I ever feel that the work I've done is good enough? How can I know if I am doing what I am meant to do as my purpose on this planet?" - Marcia Reynolds, MCC, PsyD. I found conclusive answers to each question in a compelling week of emotion packed reading. I debunked assumptions I shared with other women tied to self-limiting beliefs and uncompromising posture in key areas of my professional life. I applied Reynolds' scoring card to identify dominant behavior patterns as archetypes. I selected several archetypes to serve as my personal Board of Directors, and I summon their energy in combination, at will, when I commence my day. As my tasks and challenges vary, so do the energies attached to them. They respond energetically and joyfully to each challenge and they appear happy to be acknowledged. My Rebel archetype scored a solid 10, but I kept her off the Board ... she tends to incite emotional riots within me and with people around me. Revolutionary is more constructive, and working in conjunction with Visionary and Connector and Collaborator we may be able to score more success in some arenas. Coach and Teacher are busy these days, and their work will be enhanced with more input from Steward. Artist needs more oxygen. She is going to be Visionary's right arm. Reynolds explores emotional intelligence, choices and consequences in decision making, behaviors, and the capacity to learn. "Wander Woman" is more than a book. It is a transformation program for high achieving women. I look forward to sharing proven Appreciative Dialogue techniques with a partner to problem solve issues. Appreciative Inquiry builds on what is working rather than trying to fix what is not working. Reynolds lays out the premise, step-by-step exercises, and constructs a strict "Appreciative Dialogue: Rules for the Road" the author has tested in companies and organizations across the country and around the world. The book includes step-by-step personal exercises and detailed instructions for creating communities of support where Wander Women can help each other by testing out new behaviors and celebrate their wins together. It is one of the best books I have ever read. I am inspired, grounded, and feeling clear and happy about my path. I am a Wander Woman wearing a quieted soul. The pain of fracture yields to contentment. This book is a treasure. 1 of 1 people found the following review helpful. Sound guidance for all those who journey By Deacon Larry Hiner, PsyD (Disclaimer: Dr. Marcia Reynolds and I pursued our doctorates together at the Professional School of Psychology. I am honored to count her among my friends, and respect her as a learned and motivating colleague.) When I first read Dr. Reynold's latest book, Wander Woman Wander Woman: How High-Achieving Women Find Contentment and Direction, I had expected a concise treatment of the recent history as well as the emerging changes in the landscape of highly-motivated, professional women in the workplace. I was not disappointed on that account. In her approachable yet scholarly style, Dr. Reynolds explored these aspects - from her own history, from the trials and successes of her coaching clients and dissertation

interviewees, and from the literature. What I did not expect was the generalized applicability of the guidance that Marcia offers to anyone who aspires to success in the post-modern corporation, especially those aspirants who also possess a sensitivity to their own personal, emotional, spiritual, as well as professional needs. While the archetypes that Dr. Reynolds uses in *Wander Woman* are primarily feminine in nature, they also apply to any man who is 1) professionally motivated, and 2) open to exploring his feminine as well as his masculine dimensions. The structured exercises and personal explorations will be enormously helpful for all, and will only be amplified by engaging (as Marcia suggests) with a coach or similar partner to deeply discuss the results. I highly recommend *Wander Woman* (as I have several times already) to all seekers, but especially to women who would like to become more intentional and informed about their career pursuits. Lawrence Hiner, PsyD Organizational Psychology

Presents fresh research and powerful stories to give voice to a new generation of women driven by challenge and change  
Offers compelling advice on how to make wandering a life strategy, not just a series of unplanned events  
Includes probing questions and thought-provoking exercises to help readers find peace in life's chaos and confusion  
2011 Axiom Award Gold Medal winner in the category of Women in Business  
A new generation of high-achieving women today—confident, ambitious, accomplished, driven. And yet, as master coach Marcia Reynolds discovered, many of them are also anxious, discontented, and frustrated. They're constantly questioning their purpose, juggling multiple roles, and reevaluating their goals. As a result they're restless—they move from job to job, from challenge to challenge, almost on impulse. They're wander women. Existing personal growth books, so focused on empowerment and encouragement, can't help these women. They don't need to find their voice—they know how to roar. They don't expect balance in their lives—but they long to find peace in the chaos. They aren't necessarily focused on gaining a seat in the boardroom—they want projects that mean something or businesses they run on their own. Reynolds helps wander women understand the roots of their restlessness and make their wandering a conscious strategy, not a reaction. Drawing on extensive research and interviews she illuminates the needs that drive their decisions and the core assumptions that lock them into rigid perfectionist patterns. She offers a wealth of exercises and practices that will enable wander women to reset their mental programming, discover new ways of finding direction, and thoughtfully choose and plan their futures, whether they climb the corporate ladder, find satisfaction below the glass ceiling, or set out on their own. For every woman plagued by frustration and self-doubt—“Will what I've done ever feel good enough?”—*Wander Woman* sets the stage to uncover the answers to life's toughest questions about meaning and purpose, significance and value, and the legacy you can leave from a life lived well.

*Wander Woman* is the first book for accomplished women tortured by the endless pursuit of “outstanding.” This book is for the women AND their executive coaches. --Madeleine Blanchard, Founder, Coaching Services, The Ken Blanchard Companies  
An instructional book designed to develop and assist both current and aspiring female leaders in attaining/maintaining high-profile leadership roles, *Wander Woman* challenges those potential allowances in an effort to help women achieve managerial status on the basis of ability, professionalism and knowledge. --Keith Carman, Metro Canada  
From page one, I was shouting Yes! Yes! That's me! And it felt quite nice, because I've always simply thought myself to be weird. By defining the wander woman, Reynolds lets me know I'm not alone in my idiosyncratic madness; I feel most lost girls will have a similar response, and this is reason enough to read the book. --Blair H, LostGirlsWorld.com  
Whether or not you fit the wander woman persona, the book has plenty to offer anyone navigating through the mythic journey of everyday life. --Nikki Gardner, VenusZine  
From the Author  
*Wander Woman* is the Gold Medal winner for the 2011 Axiom Business Books Awards, Women in Business Category.  
About the Author  
Dr. Marcia Reynolds is fascinated by the brain, especially what triggers passion and innovation. For two decades she has helped companies worldwide unleash the potential in their people through coaching, speaking at conferences and teaching classes in leadership, emotional intelligence and organizational change. Excerpts from her books, *Outsmart Your Brain: How to Make Success Feel Easy* and *Wander Woman: How High Achieving Women Find Contentment and Direction* have appeared in many places including Harvard Communications Newsletter, U.S. Business, The Los Angeles Times and The New York Times and she has appeared on ABC World News, National Public Radio, and Japan Nightly News. Marcia is also a true pioneer in the coaching profession and was the 5th president of the International Coach Federation. She was one of the first 25 people in the world to earn the designation of Master Certified Coach (MCC).  
Marcia's doctoral degree is in organizational psychology with a research emphasis on the current needs of high-achieving women. She helps organizations develop leaders and create high-performance cultures honoring all employees and the gifts they bring to the team.