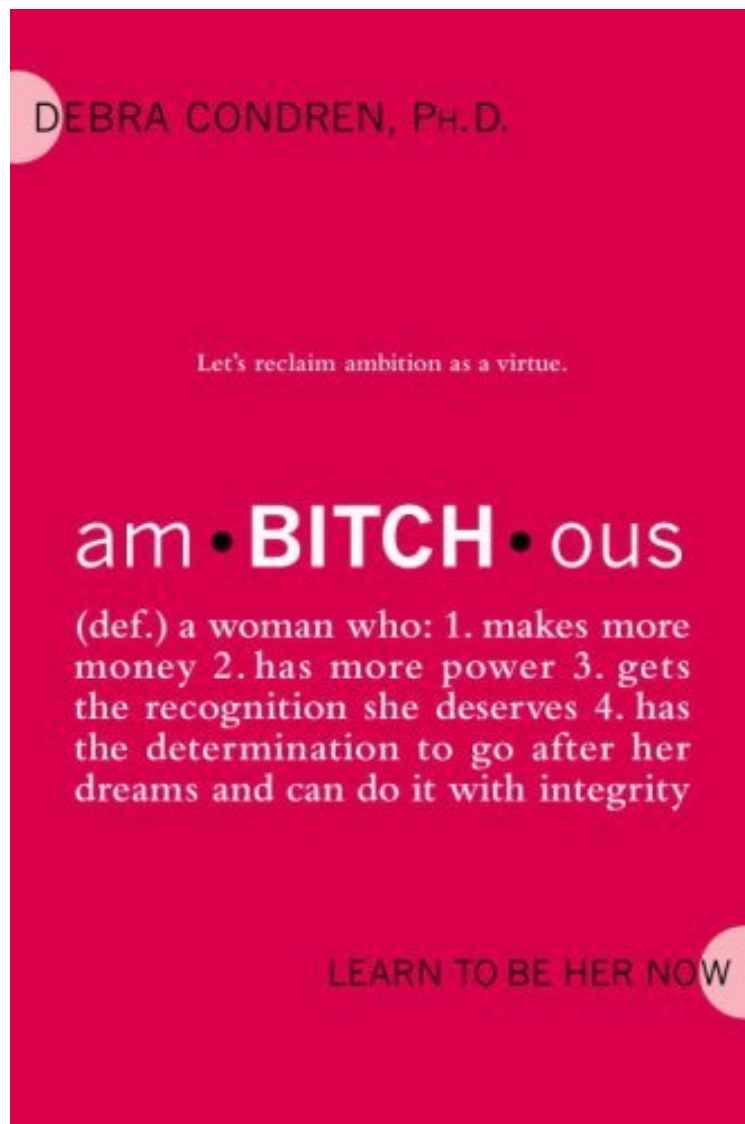


[Ebook free] amBITCHous: (def.) A Woman Who: 1. Makes more money 2. has more power 3. gets the recognition she deserves 4. has the determination to go after her dreams and

**amBITCHous: (def.) A Woman Who: 1. Makes more money 2. has more power 3. gets the recognition she deserves 4. has the determination to go after her dreams and**

*Debra Condren*

*ePub | \*DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#1233632 in eBooks 2006-12-26 2006-12-26 File Name: B000MAHBUA | File size: 64.Mb

**Debra Condren : amBITCHous: (def.) A Woman Who: 1. Makes more money 2. has more power 3. gets the recognition she deserves 4. has the determination to go after her dreams and** before purchasing it in order to gage whether or not it would be worth my time, and all praised amBITCHous: (def.) A Woman Who: 1. Makes more money 2. has more power 3. gets the recognition she deserves 4. has the determination to go after her dreams and:

2 of 2 people found the following review helpful. Much-needed helpful book By Kimberly Palmer Ambitious is Condren's way of describing the double standard facing women. As she puts it, "Ambitious men are go-getters, but ambitious women are bitches." Through interviews with other women and her work as a business coach, Condren has developed strategies to help women overcome the fear of being ambitious. She bemoans the fact that many advice books suggest that achieving "balance" requires career sacrifices. Nonsense, she says. Putting your career ambitions first makes you a better person, she argues, because you will be a happier one. "You must regard your deepest career aspirations as unconditionally sacrosanct," she writes. While the pep talk is inspiring, the real value of this book lies in its concrete tips. She recommends asking for the raise you deserve, claiming credit when it's due, asking for advice from women you respect, and taking regular sabbaticals to make sure you are dreaming big. All of it is great advice. 0 of 0 people found the following review helpful. Not my cup of tea By S. Ware I will give this book credit in it does have some really good points to being more ambitious. I guess I don't approve of the word bitch enough to stand behind it. My book club decided to read this book and needless to say the first meeting was not the greatest showing. I haven't finished it and it will take time before I do. 0 of 0 people found the following review helpful. amBITCHous By lisa This is a great read for every woman who wants more out of life than the what is expected. It encourages women to grab life by the horns and take control of your own destiny and not settling for less than you deserve.

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 amBITCHous 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 amBITCHous, Dr. Condren offers fresh, powerful tools for reclaiming your dreams. Her eight amBITCHous 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 Publishers Weekly Condren doesn't mince words: "let's face it, there's just one word that our culture bestows on that supremely ambitious woman who unrepentantly values success in her career: bitch." Reclaiming the word as a virtue, she defines "ambitious" women as those who make more money, have more power, get the recognition they deserve and have the determination to go after their dreams with integrity. A clinical psychologist and founder of the Women's Business Alliance, Condren shares her story of making career, family and big dreams work, while guiding other women toward embracing their ambitions. Condren grants her readers permission to take their careers seriously and to work toward their dreams rather than work their dreams around their lives. Women should discard the concept of work/life balance in favor of well-warranted imbalance, she argues. Condren advises women on how to be contenders, surround themselves with powerful advice, get paid what they're worth, be responsible to themselves, disable detractors and, finally, to get over the impostor syndrome. Clear suggestions and composite examples of real-life women who have embraced their goals make this an enthusiastic rallying cry. (Dec.) Copyright ©; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Praise for Debra Condren and for amBITCHous "Dr. Debra Condren is a dedicated advocate for empowering women to break traditional boundaries and achieve personal and professional success." —Barbara Boxer, U.S. senator "Debra Condren nails ways in which professional women—even accomplished ones—sell themselves short. She offers precise, innovative guidelines for how women can turn self-imposed blocks and inhibitions into motivation to outrun inner doubt and win back their worth." —Sheldon Siegel, New York Times bestselling author,

Special Circumstances and Incriminating Evidence; This is an inspiring, empowering, and practical book. Give it to your friends, sisters, and daughters. — Tanya Styblo Beder, CEO of Citigroup Alternative Investments' multistrategy, proprietary hedge fund, Tribeca Global Management LLC; Positive in tone, loaded with strategies and solutions, this engaging book charts a compelling, clear, and accessible course for getting comfortable with passion for your work and transforming inner obstacles into success and power. — Elizabeth Roberts, first vice president of Wealth Management, Smith Barney; Dr. Debra Condren has been a guiding light to many women business owners and young women in realizing their potential. — Dianne Feinstein, U.S. senator; 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, author of national bestseller *If You Don't Have Big Breasts, Put Ribbons on Your Pigtails* About the Author Debra Condren, Ph.D., is a psychologist, a business and executive coach and career advisor, and the founder and executive director of the Women's Business Alliance. 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 executives, professionals, and students between the ages of sixteen and sixty. Her advice has been featured in major media outlets including the New York Times, the Wall Street Journal, the Washington Post, and NPR's Morning Edition. She lives in New York City and San Francisco with her husband, son, and stepson.