


This entertaining book is a modern guide to the ways that working women can and do try to overcome the many forms of inequality they still confront on the job. Jessica Bennett, a contributing writer at the New York Times, has a keen eye and plenty of evidence for the words and deeds of male bosses and colleagues that subtly discredit and undermine women, thereby perpetuating patriarchal traditions and hierarchies. Her core thesis is that women today possess enough strength to join together to expose all this and create positive changes toward more gender equality.

Bennett began her journalism career in New York at Newsweek. There, several decades earlier, it was common for the magazine to hire female valedictorians of Seven Sister colleges and assign them “job duties including pushing mail carts and delivering coffee as well as real research and reporting, all three requiring handing something over to a man.” It was common to be told “women don’t write.” In 1970, 46 female staffers launched a landmark gender discrimination lawsuit against the magazine. Though much had changed by the 2000s, Jessica Bennett was surprised to see male colleagues still climbing the job ladder far faster than women who

She and a few like-minded professional women decided to start



for as well as the woman's tendency to not accept compliments. Bennett encourages her audience to learn about themselves and learn how to stop any self-discrediting habits so that they can have the confidence necessary to succeed in the work world.

The third part of FFC is "BOOBY TRAPS", which discusses the common subconscious stereotypes that people give to women but not to men. An example of this trap is the way that women tend to be expected to always smile while men don't have to, and when a woman has a serious face she possesses an RBF ("resting bitch face"), while a man with a serious face is just seen as displaying passion. Bennett notes that this exact situation happened to tennis superstar Serena Williams when she was asked "why aren't you smiling?" in an interview. However, a person like Tom Brady would never be asked such a question. Another example is how women who work in male-dominated fields may have trouble finding a mentor to look up to. The author recommends adopting a "Personal Board of Directors" approach rather than having the traditional single mentor. In my interview with Ms. Bennett, she explained how "research shows that it can be just as effective to have a large flock of different people to mentor you, who may be more peers than someone in a senior level position." The PBOD can be informal or formal, and consists of several different people who you can go to when you have a professional problem and look up to like you would with a mentor.

In "GET YOUR SPEAK ON," she elaborates on how female natural