

Legacy Project Book

Personal Resiliency and Development

Girl, Wash Your Face by Rachel Hollis

Founder of the lifestyle website TheChicSite.com and CEO of her own media company, Chic Media, Rachel Hollis has created an online fan base of hundreds of thousands of fans by sharing tips for living a better life while fearlessly revealing the messiness of her own. Now comes her highly anticipated first book featuring her signature combination of honesty, humor, and direct, no-nonsense advice. Each chapter of *Girl, Wash Your Face* begins with a specific lie Hollis once believed that left her feeling overwhelmed, unworthy, or ready to give up. As a working mother, a former foster parent, and a woman who has dealt with insecurities about her body and relationships, she speaks with the insight and kindness of a BFF, helping women unpack the limiting mind-sets that destroy their self-confidence and keep them from moving forward.

Daring Greatly, by Brené Brown

*"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; . . . who at the best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while **daring greatly.**"—*
Theodore Roosevelt

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Brené Brown PhD, LMSW, dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage.

Simple Path to Wealth, by J.L. Collins

This book grew out of a series of letters to my daughter concerning various things—mostly about money and investing—she was not yet quite ready to hear. Since money is the single most powerful tool we have for navigating this complex world we've created, understanding it is critical. "But Dad," she once said, "I know money is important. I just don't want to spend my life thinking about it." This was eye-opening. I love this stuff. But most people have better things to do with their precious time. Bridges to build, diseases to cure, treaties to negotiate, mountains to climb, technologies to create, children to teach, businesses to run. Unfortunately, benign neglect of things financial leaves you open to the charlatans of the financial world.

Wild, by Cheryl Strayed

Wild chronicles Cheryl Strayed's adventure of self-discovery in the wilderness. The book begins thirty-eight days into her three-month odyssey on the Pacific Crest Trail (PCT). Her too-tight boots were destroying her feet. After accidentally knocking one off a mountainside, she tossed the other away. In this way, they become symbols for her former life that hemmed her in. A free spirit, Strayed's mother, Bobbi, raised her kids in a series of cheap apartments, then in a primitive house without running water in the Minnesota woods. Bobbi was so close to Strayed that they went to college together. Strayed's world fell apart when her mother, Bobbi, was diagnosed with lung cancer and died within weeks. In her grief,

Strayed pulled away from her sister, brother, stepfather, and husband, Paul. Without her mother, she was not sure who she was.

Yes Please, by Amy Poehler (better in audiobook)

In her first book, one of our most beloved funny folk delivers a smart, pointed, and ultimately inspirational read. Full of the comedic skill that makes us all love Amy, **Yes Please** is a rich and varied collection of stories, lists, poetry (Plastic Surgery Haiku, to be specific), photographs, mantras and advice. With chapters like "Treat Your Career Like a Bad Boyfriend," "Plain Girl Versus the Demon" and "The Robots Will Kill Us All" **Yes Please** will make you think as much as it will make you laugh. Honest, personal, real, and righteous, **Yes Please** is full of words to live by.

The Immortal Life of Henrietta Lacks, by Rebecca Skloot

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first “immortal” human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Henrietta’s family did not learn of her “immortality” until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits.

Fight Like a Mother: How a Grassroots Movement Took on the Gun Lobby and Why Women Will Change the World

Shannon Watts was a stay-at-home mom folding laundry when news of the tragic shooting at Sandy Hook Elementary flashed across the television screen. In one moment, she went from outraged to engaged and decided to do something about it. What started as a simple Facebook group to connect with other frustrated parents grew into Moms Demand Action, a national movement with millions of supporters and a powerful grassroots network of local chapters in all 50 states.

Lean In: Work, Women and the Will to Lead by Sheryl Sandberg

In *Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home.

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder by Arianna Huffington

In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg—a third metric for defining success—to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes—they are about

cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh.

Bossypants by Tina Fey

Tina Fey reveals all, and proves what we've all suspected: you're no one until someone calls you bossy.

You Got This! The Ultimate Negotiation Guide for Professional Women by Lelia Gowland

The advice women get surrounding negotiation is often contradictory, prescriptive, and occasionally downright insulting. *You Got This* provides a refreshing new take: women are actually highly effective negotiators and fully capable of navigating negotiations on their terms. While it's conversational and playful in tone, this book is deeply grounded in the latest research and the author's ample experience as a professional negotiation coach for women.

Equity and Inclusion

Mistakes I Made at Work: 25 Influential Women Reflect on What They Got Out of Getting it Wrong by Jessica Bacal

In *Mistakes I Made at Work*, a Publishers Weekly Top 10 Business Book for Spring 2014, Jessica Bacal interviews twenty-five successful women about their toughest on-the-job moments. These innovators across a variety of fields – from the arts to finance to tech – reveal that they're more thoughtful, purposeful and assertive as leaders because they learned from their mistakes, not because they never made any.

Women, Culture and Politics by Angela Y. Davis

A collection of speeches and writings by political activist Angela Davis which address the political and social changes of the past decade as they are concerned with the struggle for racial, sexual, and economic equality.

Own the Room by Amy Jen Su and Muriel Maignan Wilkins

Find your signature voice. People are drawn to and influenced by leaders who communicate authentically, connect easily with people, and have immediate impact. So how do you become one of them? How can you learn to “own the room”? This book will help you develop your leadership presence.

A Seat at the Table by Kelly Dittmar, Kira Sanbonmatsu and Susan J. Carroll

The presence of women in Congress is at an all-time high — approximately one of every five members is female — and record numbers of women are running for public office for the 2018 midterms. At the same time, Congress is more polarized than ever, and little research exists on how women in Congress view their experiences and contributions to American politics today. Drawing on personal interviews with over three-quarters of the women serving in the 114th Congress (2015-17), the authors analyze how these women navigate today's stark partisan divisions, and whether they feel effective in their jobs. Through first-person perspectives, *A Seat at the Table* looks at what motivates these women's legislative priorities and behavior, details the ways in which women experience service within a male-dominated institution, and highlights why it matters that women sit in the nation's federal legislative chambers. It describes the strategies women employ to overcome any challenges they confront as well as the opportunities available to them. The book examines how gender interacts with political party, race and ethnicity, seniority, chamber, and district characteristics to shape women's representational influence and behavior, finding

that party and race/ethnicity are the two most complicating factors to a singular narrative of women's congressional representation.

100 Years of the Nineteenth Amendment by Holly J. McCammon and Lee Ann Banaszak

Looking forward to the 100-year anniversary of the passage of the Nineteenth Amendment, this collection of original essays takes a long view of the past century of women's political engagement to gauge how much women have achieved in the political arena. The volume looks back at the decades since women won the right to vote to analyze the changes, developments, and even continuities in women's roles in the broad political sphere. Ultimately, the book asks two important questions about the last 100 years of women's suffrage: 1) How did the Nineteenth Amendment alter the American political system? and 2) How has women's engagement in politics changed over the last 100 years?

Service Delivery

We Don't Make Widgets – Overcoming the Myths That Keep Government from Radically Improving by Ken Miller

Written for middle- and senior-level managers in state, city and county government, *We Don't Make Widgets: Overcoming the Myths That Keep Government from Radically Improving* explodes the myths that prevent dramatic improvement in government operations. If you're interested in a new way of thinking about what you do, who you do it for and why you do it, this book — part of the Governing Management Series — is for you.

Strategic Leadership

Leadership the Eleanor Roosevelt Way – Timeless Strategies from the First Lady of Courage by Robin Gerber

Eleanor Roosevelt's remarkable ability to confront and overcome hurdles—be they political, personal, or social—made her one of the greatest leaders of the last century, if not all time. In *Leadership the Eleanor Roosevelt Way*, author and scholar Robin Gerber examines the values, tactics, and beliefs that enabled Eleanor Roosevelt to bring about tremendous change—in herself and in the world.