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Titolo	Breaking Free from the Chains of Role Ascriptions : From Female Powerlessness to Powerful Solutions in Career, Partnership and Family / by Martina Lackner
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Nota di contenuto	The hidden mindset: The long arm of the past -- the basis for female career development -- In the beginning was the family of origin: Family constellations and their significance in terms of women's self-empowerment and seizure of power -- Puberty: Hormones take over -- The balancing act begins: Partnership, motherhood and career -- Leadership in conflict: Discrepancy between desire and reality.
Sommario/riassunto	This book is no standard guide on ordinary women's topics. It relentlessly reflects on what slows down women's personal development regarding relationship, family and work - with razor-sharp analyses of hidden interactions and traumas. This book enables women to become aware of existing traps and obstacles, fears, feelings of guilt and other deep-seated emotions, leaving behind restricting role

attributions while power-balancing their lives between partner, children and career. Women often consider themselves as the patriarchy's victims. Instead, the author identifies the fact that they lack awareness of their own power and the willingness to recognize it, the fact that women often neither admit nor accept their own power, as the prime reason why women remain stuck in traditional role models – for equality would require their powerful sovereignty. This book offers solutions to seemingly difficult situations, and experienced women leaders have their say. The recommendations on how to set a decisive course on the path to female empowerment leave readers with no room to retreat and hide behind familiar and often practiced counterarguments: This book encourages self-reflection as well as public discussion. Martina Lackner is a psychologist, psychological psychotherapist, systemic coach, author and entrepreneur. Born in Austria, she works as an executive mentor for women in top positions and as a consultant to companies on the subject of women's power development and empowerment. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.

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