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# Playing Big: Find Your Voice, Your Mission, Your Message



## Synopsis

A groundbreaking women's leadership expert and popular conference speaker gives women the practical skills to voice and implement the changes they want to see - in themselves and in the world. In her coaching and programs for women, Tara Mohr saw how women were "playing small" in their lives and careers, were frustrated by it, and wanted to "play bigger". She has devised a proven way for them to achieve their dreams by playing big from the inside out. Mohr's work helping women play bigger has earned acclaim from the likes of Maria Shriver and Jillian Michaels, and has been featured on the Today show, CNN, and a host of other media outlets. Sheryl Sandberg's Lean In gave many women new awareness about what kinds of changes they need to make to become more successful; yet most women need help implementing them. In the tradition of Brené Brown's Daring Greatly, Playing Big provides real, practical tools to help women quiet self-doubt, identify their callings, "unhook" from praise and criticism, unlearn counterproductive good girl habits, and begin taking bold action. While not all women aspire to end up in the corner office, every woman aspires to something. Playing Big fills a major gap among women's career books; it isn't just for corporate women. The audiobook offers tools to help every woman play bigger - whether she's an executive, community volunteer, artist, or stay-at-home mom. Thousands of women across the country have been transformed by Mohr's program, and now this book makes the ideas and practices available to everyone who is ready to play big.

## Book Information

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## Customer Reviews

Whereas Sheryl Sandberg's "Lean In" lays out the rules of the road for succeeding in a corporate (read masculine sphere), "Playing BIG" liberates women from such narrow dictates. Tara's emotional intelligence, real-world smarts and fluid writing make you feel like you are talking to a wiser girlfriend who has your best interests at heart. Tara's doesn't offer any one-size fits all prescriptions to creating a life you love, instead she guides you through an excavating process to get to the core of who you are. For me, the greatest take away was getting clear on the personal and professional costs of NOT listening to your own intuition. Grateful to have found this book.

It sounds like a cliché, but I feel as if this book is meant for me. It's chock-full of practical tools that guide us to walk away from our inner critic; find our inner mentor; and take actions to kickstart our journey to "you guessed it" Playing Big. I do wish that there's more diversity. I noticed most of the case studies/examples are high-powered, driven career types (Friends reference "yay!"). That said, I can't help but feel like I'm out of my league. Don't get me wrong, I have huge respect for these badass ladies. I only wonder if it would be more fitting to tone it down a notch and include more ladies from other fields. I wish people would pay more attention to this book; it deserves it. Every woman "both young and old" should read it. Because "when women play big, we make things happen." •Full Review: Priscilla and her Books

I got the opportunity to read an advance copy of this book, and immediately pre-ordered a print copy for myself and a few more as gifts. Tara is filling a much-needed gap in the discussion about empowering women to do big work "in that, this work needs to be directed from the inside out, and a woman can trust herself to change the world in the specific way that SHE feels called to be. It's a scary prospect, when that means paving a brand new trail amid the doubting voices in your head (and elsewhere). Tara does a brilliant job blending the psychological and spiritual aspects of this task with an abundance of hands-in-the-dirt practical tactics to make this happen in an individual, immediate way. I also appreciate how this book doesn't tell us how to "make it in a man's world" "it approaches a new solution where both men and women can be fulfilled and make a difference without changing the core of who they are. I love solutions that sing of true equality, where women AND men are respected and appreciated. Just got my hard copy in the mail, and can't wait to read it again (and again).

It's so rare to find a personal development writer who is as intelligent and inspiring as Tara. So many books leave me feeling "what now?" but after reading this I know exactly what to do to PLAY

BIG today. So grateful for this book. Every woman needs to have this on their reading list.

What I love about this book is the way Tara writes so soulfully about the ways that we stop ourselves from stepping into our best, most powerful, most purpose-filled selves; and the practical, enlightening, habit-transforming, self-affirming daily steps that we can take to remove the blocks and the blind spots that we ourselves create, to see ourselves in a new light, from a new perspective. I know this book will impact me both personally and professionally for days to come! Highly recommended to any woman who would like to step into her own brilliance and radiate it out into the world.

Tara Mohr wrote this book because she saw a gap between how women see themselves and how they are viewed by others. She saw women "playing small" because they were afraid of failure and conflict. She also noticed that the skills that make women good students "such as respecting authority and being well prepared for class" may also hurt them in a work world that requires innovation and self-promotion. My favorite part of *Playing Big* was an exercise in which you envision your life in 20 years. If you like what you see, then you determine what needs to happen to make that vision a reality. If you don't like the vision of your future self, it's time to make some changes. Mohr recommends that you use your elder self as an internal compass for your decisions. This is a wonderful book about the challenges involved in being a female leader. Mohr does a great job explaining how women and men are perceived differently, and how women can learn to play big without appearing bossy or bitchy. I would highly recommend this book to any woman who wants to move ahead in their career and create a more fulfilling life.

This is one of the most important books I have read recently and I have read A LOT of them as a means of finding ways to move into places of greater impact and greater joy in career and life. Many self-help books repeat similar messages, but there is much in Tara's work that is not echoed elsewhere. I saw myself all over it - in the ways women diminish themselves through language, in the ways we "hide from playing bigger" (p. 145) rather than leaping into new territory. I found her discussion of self-love "manifested through the routines and rituals that we set up to enable the changes we desire..." (p. 229) "as a substitute for self-discipline to be exactly the answer I have been searching for. I will return to this book many times. I recommend it highly.

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