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## Lean In for Graduates

*Sheryl Sandberg*

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"BECAUSE THE WORLD NEEDS YOU TO CHANGE IT"

# LEAN IN FOR GRADUATES

SHERYL SANDBERG

WITH NEW CHAPTERS BY EXPERTS, INCLUDING  
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**Sheryl Sandberg : Lean In for Graduates** before purchasing it in order to gage whether or not it would be worth my time, and all praised Lean In for Graduates:

4 of 4 people found the following review helpful. Must read for anyone By jennyc.A must read for anyone, male or female, young or old. I wish I had read this book before graduating college, I been out of college for 8 years and i learned some of the lessons the hard way. There are a lot of lessons to learned and I appreciate the story about thinking that sexism was over by the time Sandberg herself started working. I realized in 2011, just as she describes realizing in the '90s, that sexism is still around even if its not a la Mad Men. I liked that she apologizes for Gen X dropping the ball on continuing to push and she lays out some great tools and the reasons to use them to keep advancing forward and pushing into positions of leadership.0 of 0 people found the following review helpful. I also like how this book does not get long winded or ...By Vanessa W. BlakeAs a young woman embarking on her career journey, this book pointed out many things that I needed to look out for. There are things in the workplace that can happen and what are the choices you as a woman can take. This will be a book I will reread throughout my career. It has encouraged me to be more assertive but also provides suggestions on how to counteract some of the negatively that gets affiliated with an outspoken woman. I also like how this book does not get long winded or repetitive like many business books.

Honestly, if you want to pursue a full-time career or maybe you just want to decide if you should check this book out. I do not think you will be disappointed. 0 of 0 people found the following review helpful. Buy It. Read It. NOW! By P.D. Reviews This is a great book for anyone who is looking to make a change in their life, not just graduates. While I did read this book right around the time I completed my Masters degree, it definitely changed the way I approached work and my coworkers. To implement the book's "purpose" of leaning in, I did notice that I was CONSTANTLY seating myself at the edges of the room and I had never noticed that before. After a while, I said to myself, I have been at this job two years, I deserve to be at the table, and I did. Everyone was happy I joined and it was the simplest thing. Definitely a great read!

Expanded and updated exclusively for graduates just entering the workforce, this extraordinary edition of *Lean In* includes a letter to graduates from Sheryl Sandberg and six additional chapters from experts offering advice on finding and getting the most out of a first job; resume writing; best interviewing practices; negotiating your salary; listening to your inner voice; owning who you are; and leaning in for millennial men. In 2013, Sheryl Sandberg's *Lean In* became a massive cultural phenomenon and its title became an instant catchphrase for empowering women. The book soared to the top of best-seller lists both nationally and internationally, igniting global conversations about women and ambition. Sandberg packed theaters, dominated op-ed pages, appeared on every major television show and on the cover of *Time* magazine, and sparked ferocious debate about women and leadership. Now, this enhanced edition provides the entire text of the original book updated with more recent statistics and features a passionate letter from Sandberg encouraging graduates to find and commit to work they love. A combination of inspiration and practical advice, this new edition will speak directly to graduates and, like the original, will change lives. **New Material for the Graduate Edition:** A Letter to Graduates from Sheryl Sandberg Find Your First Job, by Mindy Levy (Levy has more than twenty years of experience in all phases of organizational management and holds degrees from Wharton and Penn) Negotiate Your Salary, by Kim Keating (Keating is the founder and managing director of Keating Advisors) Man Up: Millennial Men and Equality, by Kunal Modi (Modi is a consultant at McKinsey Company and a recent graduate of Harvard Kennedy School and Harvard Business School) Leaning In Together, by Rachel Thomas (Thomas is the president of Lean In) Own Who You Are, by Melody Hobson (Hobson is the president of Ariel Investments) Listen to Your Inner Voice, by Rachel Simmons (Simmons is cofounder of the Girls Leadership Institute) 12 *Lean In* stories (500-word essays), by readers around the world who have been inspired by Sandberg

Praise for *Lean In: For Graduates* Nuanced . . . Whereas the original book was focused on articulating where we want to go with women in leadership, the additional parts of the new version provide day-to-day tactical advice on how to get there . . . Peppered with anecdotes from women of different ages, industries, backgrounds, ethnicities, income brackets, and skin color . . . The *Lean In* narrative is broadened greatly here to encompass a variety of experiences and goals . . . A clear message resonates throughout: Overcoming fear in any form means finding a voice. By opening the set of voices to be more inclusionary, therefore, the fundamental call of *Lean In* only rings clearer . . . Provides the opportunity to be re-inspired for those of us who have read it, and for those who haven't, it introduces the wake-up call that has spurred the *Lean In* movement. **Forbes** An ideal graduation gift that, although aimed at women, has plenty to offer young men as well . . . Sandberg recruits a considerable number of women, and a couple of men, to add their voices to hers . . . The shorter pieces generally fall into the category of inspirational . . . Longer chapters provide solid, practical advice that would benefit young people of either sex. **Kirkus** Praise for *Lean In* (#1 National Bestseller) Honest and brave . . . The new manifesto for women in the workplace. **Oprah Winfrey** *Lean In* is an inauguration more than a last word, and an occasion for celebration . . . Many, many women, young and old, elite and otherwise, will find it prescriptive, refreshing, and perhaps even revolutionary. **Anna Holmes, The New Yorker** A landmark manifesto . . . Fifty years after *The Feminine Mystique* . . . Sandberg addresses 21st-century issues that never entered Betty Friedan's wildest dreams . . . *Lean In* will be an influential book. It will open the eyes of women who grew up thinking that feminism was ancient history, who recoil at the word but walk heedlessly through the doors it opened. And it will encourage those women to persevere in their professional lives. **Janet Maslin, The New York Times** *Lean In* poses a set of ambitious challenges to women: to create the lives we want, to be leaders in our work, to be partners in our homes, and to be champions of other women. Sheryl provides pragmatic advice on how women in the twenty-first century can meet these challenges. I hope women and men of my generation will read this book to help us build the lives we want to lead and the world we want to live in. **Chelsea Clinton** I approached it wearing two hats one as CEO [and] the other as the parent of a nine-year-old daughter. In both capacities, I feel that *Lean In* is a must read. **Mohamed El-Erian, CEO of PIMCO, in Fortune** Inspirational . . . Sandberg offers concrete suggestions on how to make our work and home life more satisfying and successful. **Kare Anderson, Forbes** What Sandberg offers is a view that shows 20-somethings that choices and tradeoffs surely exist, but that the old normal of blunting ambition so that you can fit in one category or another does not have to be the way it is. And that each of us has a say in what comes next. And that includes men. **Gayle Tzemach Lemmon, The Atlantic** Sheryl Sandberg has done a tremendous service with this work. It offers a vital and sharp message, for women and men. We need great leaders in key seats spread

throughout all sectors of society, and we simply cannot afford to lose 50 percent of the smartest, most capable people from competing for those seats. Provocative, practical, and inspired!

Jim Collins, author of *Good to Great*

Sandberg recounts her own experiences and dilemmas with great honesty, making it easy for women across cultures and geographies to identify with her. She spells out much that is well known about the problems working women face, but rarely articulated . . . In every word she writes, Sandbergs authenticity shines through. Shweta Punj, *Business Today*Lively, entertaining, urgent, and yes, even courageous . . . Lean In is both a radical read and incredibly accessible . . . While its obvious that women have much to gain from reading Sandbergs book, so do menperhaps even more so . . . Lean In is the beginning of an important and long-overdue conversation in the United Statesbut it will only be a national conversation, and one that endures, if men do their part and lean in, too. Michael Cohen, *The Guardian* Grade: A . . . a rallying cry to working women . . . Lean In is the most cogent piece of writing Ive encountered that speaks to the internal and institutional forces that can trip up an ambitious woman, whether she has a baby on board or not . . . The wisdom she shares here is a gift that all women (and all partners who support them, in the workplace or at home) should give themselves. Meeta Agrawal, *Entertainment Weekly*If you loved Sheryl Sandbergs incredible TEDTalk on why we have too few women leaders, or simply believe as I do that we need equality in the boardroom, then this book is for you. As Facebooks COO, Sheryl Sandberg has firsthand experience of why having more women in leadership roles is good for business as well as society. Lean In is essential reading for anyone interested in righting the injustice of this inequality.

Sir Richard Branson, chairman, the Virgin Group Sandbergs message matters deeply: it has a shot at bringing about a cultural change that would improve the lives of all women.

Judith Warner, *TIME*A muscular manifesto on the gender inequities of the professional world . . . Sandberg is making a disruptive, crucial observation that puts her very much in line with Friedan: All is not just in the gendered world, and we should be talking urgently about how to make it better.

Rebecca Traister, *Los Angeles Times* No one who reads this book will ever doubt that Sandberg herself has the will to lead, not to mention the requisite commitment, intelligence, and ferocious work ethic . . . Sandberg is not just tough, however. She also comes across as compassionate, funny, honest, and likable . . . Most important, she is willing to draw the curtain aside on her own insecurities . . . Lean In is full of gems, slogans that ambitious women would do well to pin up on their wall . . . I nodded in recognition at so much of what Sandberg recounts, page after page.

Anne-Marie Slaughter, *The New York Times* Book (cover review) Pivotal . . . Its probably not an overstatement to say Sandberg is embarking on the most ambitious mission to reboot feminism and reframe discussions of gender since the launch of *Ms.* magazine in 1971. The thing is, shes in a pretty good position to pull it off.

Belinda Luscombe, *TIME*Important . . . This is a great moment for all of uswomen and mento acknowledge that the current male-dominated model of success isnt working for women, and its not working for men, either . . . The world needs women to redefine success beyond money and power. We need a third metric, based on our well-being, our health, our ability to unplug and recharge and renew ourselves, and to find joy in both our job and the rest of our life.

Arianna Huffington, *Forbes*Ill bet most [women] will be thrilled by Lean In. I suspect at least a few men will read this book and think, Oh no, theyre starting to catch on.

Michael Lewis, *Vanity Fair*A lucidly written, well-argued, and unabashedly feminist take on women and work, replete with examples from the authors life.

Julia Klein, *USA Today*Having read Lean In by Sheryl Sandberg, I can testify that it addresses internalized oppression, opposes the external barriers that create it, and urges women to support each other to fight both. It argues not only for womens equality in the workplace, but mens equality in home-care and child-rearing. Even its critics are making a deep if inadvertent point: Only in women is success viewed as a barrier to giving advice.

Gloria Steinem Lean In has plenty for feminists and all women to applaudand learn from . . . Im glad Sandberg is speaking out. Im glad shes using her platform to help give women the tools to succeed, and to encourage all of us to go out and get what we want. The real strength of Lean In is in its Rosie the Riveter 2.0 message: You can do it! Heres how. . . A crucial call to action.

Jill Filipovic, *The Guardian* A call to live fearlessly . . . Lean In is a memoir, a self-help book, a career management guide, and a feminist manifesto . . . Lets hope this is a book that is read as much as talked about.

Marion Winik, *Newsday*Equality is a project everybody must work on together. For too long, achieving equality has been seen as womens burden . . . By knowing this story, men will become more sophisticated thinkers and actors when it comes to gender . . . Lean In contains a whole lot for men to think seriously about . . . Men just need to read it.

Patrick Thibodeau, *CIO Magazine* Unapologetic . . . Sandberg is using her power and influence to try and improve the world . . . Sandbergs most powerful rhetorical device in the book is a saturation of stats that are sometimes shocking . . . and sometimes reverberatingbut always the kind that make you reevaluate whats going on around us.

Nicholas Carlson, *Business Insider* Sandbergs voice is modest, humorous, warm, and enthusiastic . . . You dont have to be climbing the corporate ladderor, as Sandberg would call it, the jungle gymto find her message useful. Dont marry a man who isnt egalitarian? Good plan! Be more confident? Excellent advice . . . Im buying a copy of Lean In for my daughter and one for my stepdaughter, too.

Katha Pollitt, *The Nation*Nuanced, persuasive, and brave . . . All of uswomen and men alikewho care about creating a more equitable America ought to take her message to heart.

Jane Eisner, *The Forward*After reading Lean In and listening to Sheryl, I realize that, while I believe I am relatively enlightened, I have not consistently walked the talk . . . I believe wetogetherneed to drive a fundamental culture change and it is up to us as leaders to make this change happen. What we have been doing hasnt worked, and it is time

to adjust . . . We have an opportunity to make a tremendous difference, and in so doing benefit our people, our culture, our company, and, just maybe, the world. John Chambers, CEO, Cisco Tremendously relevant . . . necessary . . . Lean In is more about being bold than it is about being female . . . Sandberg can reach beyond boundaries of age, success level, and gender to include all of those who have the privilege of playing on the jungle gym of corporations, academia, and government. Sharon Poczter, Forbes A rallying cry for both genders to continue the hard work of previous generations toward a more equitable division of voice, power, and leadership . . . Told with candor and filled with a mix of anecdote and annotated fact, Lean In inspires women to find their passion, pursue it with gusto, and lean in to leadership roles in the workplace and the world. Linda Stankard, BookPage I plan to buy Lean In for our three grown daughters and daughter-in-law . . . In our family, and in families across the country, may the conversations begin. Connie Schultz, Washington Post I'm guessing that the average boardroom doesn't have much better gender equality than a team of cave hunters attacking a woolly mammoth 30,000 years ago. So what gives? A provocative answer comes from Sheryl Sandberg, who has written a smart book that attributes the gender gap, in part, to chauvinism and corporate obstacles but also, in part, to women who don't aggressively pursue opportunities . . . there is something real and important in what she says. Nicholas Kristof, The New York Times Giving women the tools and skills they need to take themselves and society worldwide to the next level. Leslie L. Kossoff, Technorati.com Compelling . . . Sandberg writes with sophistication and thoughtful reflection . . . a book that has a powerful message but that is also full of personal vulnerability and first-hand anecdotes, packed with statistics and footnoted studies that back her points. Susan Adams, Forbes Her ideas are reasonable, thoughtful and necessary. Michelle Goldberg, The Daily Beast When was the last time anybody talked this much about a woman's place in the world, period? Sandberg's Lean In is opening up the dialogue and, in true Silicon Valley fashion, she's made it scalable . . . It's put words to what we'd long felt but couldn't quite articulate; the insecurities, the self-doubt, the fear that causes us to keep our hands down. Because, whether we'd recognized it or not, each of us . . . had been grappling with precisely what Sandberg aims to conquer . . . She's also managed to bridge a gap that has mystified many an activist before her: reaching women who both self-identify as feminists, and those who don't. Jessica Bennett, NYMag.com This is a book every young woman needs . . . I see her as an inspiration. Colleen Leahey, Fortune A lucidly written, well-argued and unabashedly feminist take on women and work, replete with examples from the author's life. It draws on the ideas of no less an icon than Gloria Steinem, a Sandberg friend, and on recent research highlighting the double binds women face as they negotiate the corridors of power. Julia M. Klein, USA Today To get a sense of how I reacted to Facebook COO Sheryl Sandberg's new book, look no further than the stars and exclamation points that fill the margins of my review copy . . . Among its merits is the way Sandberg doesn't shy away from describing her own struggles to take risks at work, to ask for what she wants, to negotiate, to find an equal partner. Alexandra Chang, Wired Sheryl provides practical suggestions for managing and overcoming the challenges that arise on the jungle gym of career advancement. I nodded my head in agreement and laughed out loud as I read these pages. Lean In is a superb, witty, candid, and meaningful read for women (and men) of all generations. Condoleezza Rice, former U.S. secretary of state To tackle society's most pressing problems we need to unleash the leadership of both women and men. Lean In shows us the path and is an absolutely invaluable resource for the next generation of leaders and those who support them. Wendy Kopp, founder and CEO, Teach for America For the past five years, I've sat at a desk next to Sheryl and I've learned something from her almost every day. She has a remarkable intelligence that can cut through complex processes and find solutions to the hardest problems. Lean In combines Sheryl's ability to synthesize information with her understanding of how to get the best out of people. The book is smart and honest and funny. Her words will help all readers especially mentees become better and more effective leaders. Mark Zuckerberg, founder and CEO, Facebook Sheryl is a unique business leader because of her versatility and breadth. She has the two traits that are common in every successful leader I have known: curiosity and determination. Sheryl brings all of her insight to Lean In, an important new book that companies can use to get the most out of their talent. With her ideas and actions, Sheryl will help to define leadership in the years to come. Jeff Immelt, CEO, General Electric The key to opening some of life's most difficult doors is already in our hands. Sheryl's book reminds us that we can reach within ourselves to achieve greatness. Alicia Keys About the Author Sheryl Sandberg is chief operating officer at Facebook. Prior to Facebook, she was vice president of Global Online Sales and Operations at Google and chief of staff at the U.S. Treasury Department. Sheryl lives in Northern California with her husband and their two children.