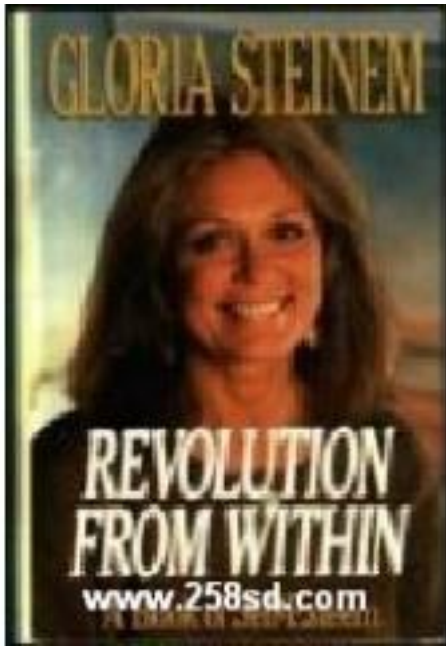


# Revolution from Within: A Book of Self-Esteem



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<p>From Library Journal One of the founding mothers of contemporary feminism has written a self-help book that utterly transcends the genre. In lucid prose that is by turns brave and funny and tender, Steinem takes us on a journey of circles and spirals because, as she says, "If we think of ourselves as circles, our goal is completion . . . if we think of work structures as circles . . . progress means mutual support and connectedness." Drawing from sources that range from Margaret Mead to Chief Seattle (Sealth), from Alice Walker to the Upanishads, as well as from her own life and the lives of her friends and colleagues, she provides a series of pathways to self-esteem. Steinem's book unfolds like a flower: it offers literature, art, nature, meditation, and connectedness as ways of finding and exploring the self. Her message is that it is our very selves that we need to trust, despite

educational and societal pressures that may denigrate the female experience. Her focus is women, but she is clear that what she has to say is for men, too, and she is neither strident nor dismissive. Recommended for all collections. Previewed in Prepub Alert, LJ 6/15/91.- GraceAnne A. DeCandido, "School Library Journal"Copyright 1992 Reed Business Information, Inc. From AudioFile In a quest for a sense of inner contentment and self-worth, Gloria Steinem brings the reader on a journey of investigation and discovery. Steinem reads the text herself in a straightforward and friendly, but not intimate, presentation which is so easy to listen to it invites repetition&ETH;thus ensuring the painless relearning of the lessons of the book. It's difficult to tell from the reading that this audiobook is abridged; each section can stand alone. Nonetheless, the listener wished the book were unabridged. Steinem left me wanting to learn more. C.R.W. (c)AudioFile, Portland, Maine --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews</p>

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