

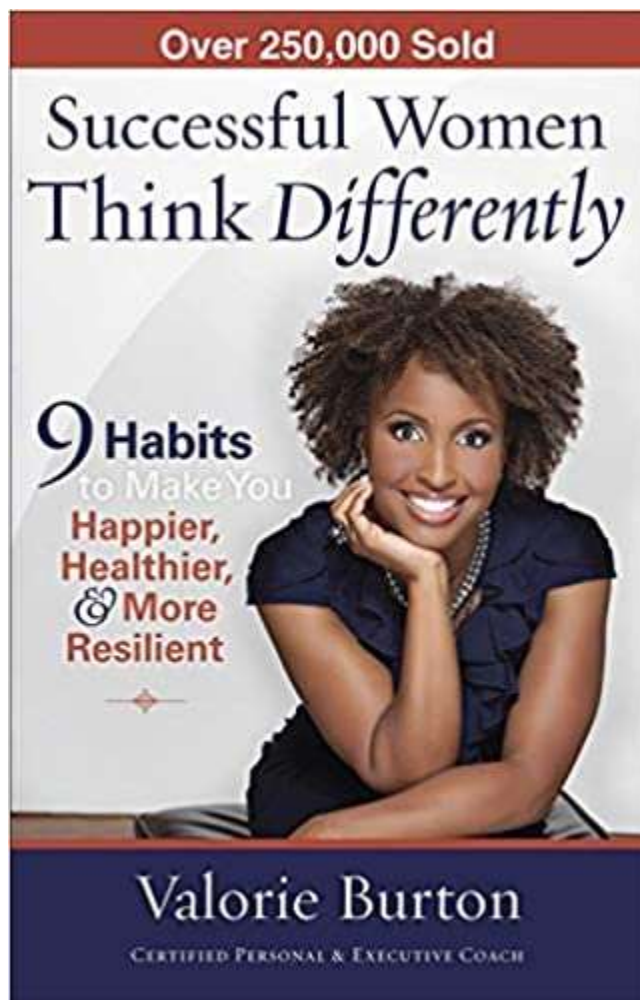
Introducing a Book:

Successful Women Think Differently:

9 Habits to Make You Happier, Healthier, and More Resilient

Author: Valorie Burton

Kindle Edition



Courtesy:

https://www.amazon.com/s?k=Successful+Women+Think+Differently%3A+9+Habits+to+Make+You+Happier%2C+Healthier%2C+and+More+Resilient&i=digital-text&ref=nb_sb_noss

This book is highly valuable for our girl students in colleges and universities. In India, especially in South India, we have colleges exclusively for boys and girls. This trend is somewhat changed with the growing number of private colleges. Many colleges are now coeducational. The needs of girl students to develop their leadership qualities, executive skills as well as getting involved in innovations, etc. need some special attention. Moreover, with growing number of first generation learners among the girls, adequate introduction to modern enterprise is important in addition to achieving competitive academic excellence. ***Successful Women Think Differently: 9 Habits to Make You Happier, Healthier, and More Resilient*** by Valorie Burton is indeed an especially useful handbook for our girl students and those who are already employed. Leading online corporations have employed a good number of women in various positions. These corporations do some training to their newly recruited interns/employees, both men and women. Yet general guidelines that will be helpful to women throughout their career are available in this book.

The 9 habits Valorie Burton recommend include the following:

“Habit One: Believe You Can Do It. *How you explain your success and failure predicts more about your potential than you think.*

Habit Two: Get off the Hedonic Treadmill. *Why we are poor predictors of our own happiness and how you can get it right.*

Habit Three: Stop Trying to Fix Your Weaknesses. *Why you should stop obsessing about what’s wrong with you and start building on what is right.*

Habit Four: Build Your Muscle of Self-Control. *Why your talent isn’t enough and how to develop the trait that will you to the top.*

Habit Five: Cultivate Positive Emotion. *How a surprising but easy formula will save your relationships and transform your life.*

Habit Six: Be Prepared for Battle. Be prepared for Battle. *Why you must expect obstacles and have a proven plan to overcome them.*

Habit Seven: Don’t Be a “Maximizer”. *How overabundance can rob you of satisfaction and make you ineffective.*

Habit Eight: Don’t Go It alone. *Why authentic connections are more important than ever and how you can cultivate them.*

Habit Nine: Write It Down. *The revealing reasons you need to tap into the power of the pen starting today.*

The author presents in the **Introduction** Seven Key Decisions women may have to take. Each **Habit** is dealt with in separate chapters. Every chapter offers interesting and realistic examples.

The book is useful not only for women but also for men. This should be treated as a Handbook and our students may read it chapter by chapter following a personal and steady

schedule. Examples are there from the life-story of career women. Reading it several times will help us understand the full implications of the principles and the narratives presented. Certainly, it is a valuable and useful book, multiple copies of which may be bought for use by girl students. We should consider that reading such books help our students plan for a positive and prosperous life ahead.

Valorie Burton presents this contrasting picture. Although this contrasting picture comes in the beginning part of the book, we may consider it as depicting what is most desirable.

Successful Women	Unsuccessful Women
Courage in the face of fear	Feel sorry for themselves when things don't go as planned.
A belief in their ability to navigate obstacles when they come	Give up once they fail
Relationships that strengthen them rather than weaken them	Relationships that drain their time and energy
Goals that are authentic to their deepest needs and desires	Define success by society's standards rather than their own
A sense of purpose and vision	Put successful women on a pedestal, as though there is some secret success formula they don't have access to
A perspective on life that accepts failure and mistakes as a normal part of the journey	Strive as though success is a destination, a place where she arrives
A habit of saying "no" to good opportunities in favor of purposeful ones	Focus on what they don't have rather than what they do have
A willingness to take risks	Are eternal procrastinators who won't get started because they fear failure and imperfection

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