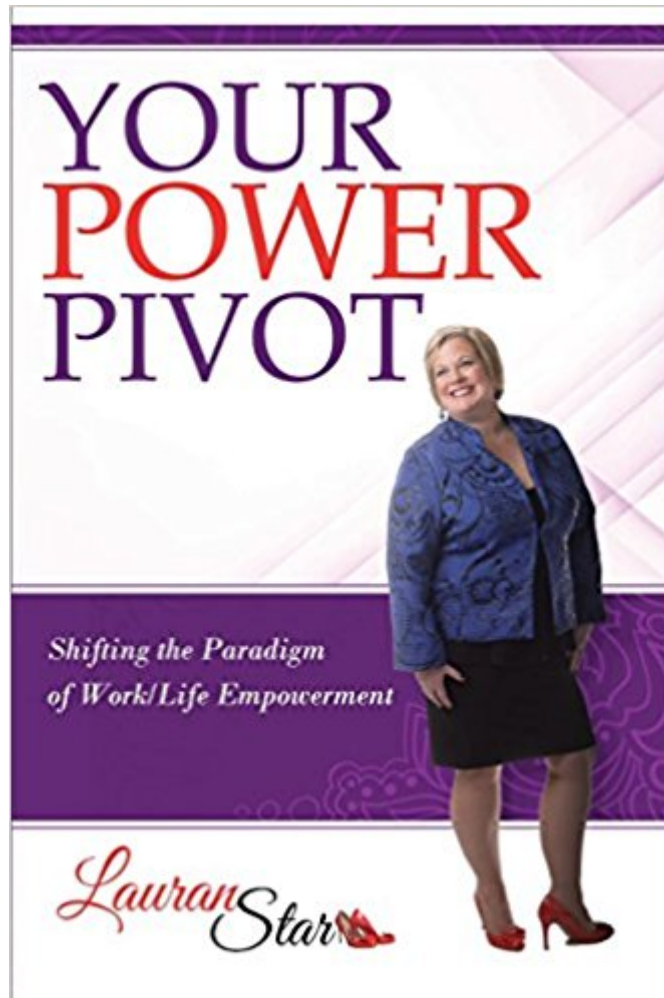




The book was found

Your Power Pivot



Synopsis

Today women are entering the workforce and leadership field at an extensive rate; however, they are struggling to gain a real perspective on how to get ahead, what is expected, how to build strong alliances, and find work/life strategies. This lack of knowledge is creating a "one step forward two steps back" mentality as the tools required to succeed are hushed. This book focuses on how to pivot into your own empowerment. It explores strategies in leadership, communication, networking, moving forward and success while applying these tools to create harmony at home. Throughout the book, quotes from pivotal women talk about their struggles and how they find solutions both at work and at home. Â

Book Information

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Customer Reviews

Women can sometimes have an ambivalent relationship with power--however Lauran Star will show you how to access your power and own it. Richly written with strategies to take you from defining your authenticityÂ to successfully negotiating your own self-worth, Your Power Pivot delivers a blueprint for work and life empowerment. Women can have it all. Selena Rezvani, ForbesWoman.com columnist and Author, Pushback: How Smart Women Ask And Stand Up For What They Want Give your life, your career, and your confidence level the boost they need. Lauran Star shows you how to achieve your personal best with style and grace. Written for women by an absolute dynamo. Your Power Pivot will show you how to turn your life around! Â Vicky Oliver, Best Selling Author of 301 Smart Answers to Tough Interview Questions, Bad Bosses, Crazy Coworkers & Other Office Idiots Â An ongoing challenge for women is how to effectively use

personal power for their career advancement and personal relationships. Too often women unconsciously give their power away and then question why relationships fail and their careers don't go anywhere. In this important book, *Your Power Pivot*, author Lauran Star gives practical tips on how to embrace your personal power in all aspects of your life in order to achieve your goals and feel more fulfilled without sacrificing your authenticity. Bonnie Marcus, M.Ed., *The Politics of Promotion: How High Achieving Women Get Ahead and Stay Ahead* Â Kudos to Lauran Star!Â In *Your Power Point*, Â she propels women to discover the unique and delicate balance between the boardroom and the bedroom.Â An incredible resource for every woman, from CEO to Soccer Mom - we all are searching for help! Diana Hoppe M.D. Best Selling Author-- *Healthy Sex Drive, Healthy You: What Your Libido Reveals about Your Life* Â From Women's Authenticity to Understanding your needs--*Your Power Pivot* and Lauran Star deliver.Â It is jammed packed full of content and real tools that will help any reader thrive both at home and at work. Leslie Sturgeon--*Women Inspiring Women* Â

Power Pivot Why did I write this work? I have purchased many self-help books -only to leave them on the book shelf collecting dust.Â Sound familiar?Â One reason they collect dust as they did not speak to me or keep my attention as the scope of the work was too narrow. Simply put there was a need for a piece of literature that showed women how to take accountability, shift perspectiveÂ and apply their own personal power both at work and at home. Â I am a case in point, the extraordinary average woman.Â I am a mom of three, a CEO of a consulting firm, an author, speaker and youth soccer and girls lacrosse coach, an adjunct faculty member. I love to laugh and cry, have girl's night wine and be present in all that I do. More importantly, I live life to the fullest and have learned how to be empowered both at work and at home creating harmony. Â How you may ask ... by pivoting my perspectives.Â By seeing things in paradigms and making connections. Nothing in life is truly black or white - they are shades of vantage points. Â So a bit more about your author ...I graduated from the University of Massachusetts back in 1993 - years after joining the United States Army to pay for college.Â While attending undergrad I worked full time to help pay my tuition and living expenses. I come from a low to middle class dysfunctional family with six siblings (I am the second oldest).Â Once I graduated college I started in the field of pharmaceutical sales and well the rest is history.Â Â In my professional life I have thrived even though I have been fired. I have climbed the corporate ladder and also slid off it.Â Promoted, discriminated against and looked over. Â In my personal life I have suffered the personal loss of my father at a young age, a history of mental and sexual abuse, had an eating disorder, am happily married and have three wonderful children. I coach youth sports

both girls and boys, am active in my children's education and have a passion for wine and life. The key to my happiness... I determined my path and I will show you how to find yours.Â Â This work is a look at how some women survive and others thrive.Â It is meant to be a tool in your path to work/life harmony and empowerment. It is meant to be read cover to cover however read what you need first. Â We start off by examining what helped shape the authentic you, those ah-ha pivotal moments that you allowed to define you.Â Along the way you will learn tips and techniques that will help you shift over some of life's speed bumps.Â You may find there is some deep self - reflecting work needed and feel a bit nervous or uncomfortable about what you may have learned about yourself - and for that I say... YES!Â Remember and post this "In un-comfort comes growth and in growth comes empowerment." You are also not alone. Â Another goal of this work is to say it, empower you the reader to stop hiding what issues or topic make you uncomfortable. Take the taboo-ness of certain areas of our lives off the table.Â In sections of the work we will be focused on the bedroom and home life strategies then to relationship communication. We will talk about how we as women need to stop being mean to each other and help each other along. My hope is in putting it out there in black and white, maybe, just maybe we as women will stop and empower another along our journey - or at least recommend this book to others. Â Throughout this book there are powerful quotes and comments from other amazing Pivotal Women who, like you, seek to thrive or are already in their own thrive mode. These women focus on the needs of all women and then put themselves out there, take risks, identify areas of growth and lead the way.Â Some of these amazing women you may know others are the gems we aspire to be.Â I hope after briefly meeting these women here you will follow them and continue on your path. Â Follow this with Shifting Paradigms in each chapter - where you get to dig in deep and explore your own growth and empowerment. Each section has an area for you to explore ... you.Â Where you can write down Pivot: your thoughts, struggles, or shifts learned in each section. In the end, the book is focused on your own personal growth Â We as women are more than Just a Pretty Face... we are unique and powerful creatures of the world, and being that we need to embrace ourselves and others.Â We need to teach the next generation as well as the generation above us how to change and become empowered.Â Yes you guessed where this is going - we need to celebrate with each other how wonderful we are- how empowered we are and celebrate how we get through our challenges together verses alone. Â Empowerment is a journey not for the faint at heart - as it take work, self-awareness, insight, close friends, an openness to see opportunities and a few glasses of wine. Â The rewards however are boundless.. Â Cheers,Lauran Star Â

I've had the fortune to see Lauran speak live before, have caught her radio show many times over the years, and I was so awaiting the release of this book! She is inspiring and insightful, and talk about authentic! She brings you into her world, with her personal stories of growing from Surviving to Thriving. This isn't someone who just talks the talk. She has definitely walked the walk and this book is packed with great examples of how to create and own your power. Be present. Stop allowing your emotions to hijack you, and work toward your own transformation. Outstanding examples of typical gender leadership, how to work with others while still being authentic to your leadership style, both in the home and the workplace. I love the vision board. I had seen that years ago in "The Secret" and have a vision board myself, but that was more about dreams and ideas. Lauran takes it the next step and really puts your vision board to work for you, to realize your dreams. And, you don't have to go it alone. Lauran explains how to build your own Dynasty. I particularly liked the chapter on the exit strategy. Planning your future, your actions, and reactions with Emotional Intelligence keeps you squarely on the road to growth and fulfillment. Lauran -- Your Superpower is in helping others to excel at being their real selves! Love you!!!

Reading Your Power Pivot is like sitting down with your best girlfriend who also happens to be a brilliant business coach. Down to earth, authentic, and forthright, Lauran Star takes you by the hand and walks through the challenges to women in today's marketplace. She is unwilling to settle for mediocre, and doesn't want you to do so either. "Let me help." and "You can do this" are her mantras, as she offers clear actionable steps, practical advice sprinkled with some tough love! I will return to Your Power Pivot many times over for wisdom, insight and the unparalleled power of sisterhood! Thanks Lauran, for laying it out, telling it like it is and challenging women to embrace their power to pivot and create the life and business/career they desire! Now, when can you come for coffee??

This is my third book by Lauran Star...you're writing is absolutely fabulous, truly inspiring !! You bring it all home every time, I know you shouldn't eat while reading, but this book is one you just can't put down. A real page turner, great work Lauran!! I enjoyed also the quotes throughout the book and one of my favorites is in Chapter 9 This is Your Time...What Will You Do With It. It's by Sheila Murray Beithel, "One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go."

This book had practical suggestions and has an easy conversational style. It was well organized

and the quotes enhanced the book. She nails the problem, which is that we are what holds us back. I especially liked the chapter on "Dump the Junk." Shirley B. Garrett, Psy.D

I have had the pleasure of meeting and speaking with Lauran on many occasions and I can't think of a more inspirational and magnetic person I have met in my life recently. If there is one thing that is true, her guidance as an author, speaker, and mentor is second to none. With a deft hand, she clearly and plainly lays out a full-proof strategy by which you can find yourself in success. With tireless drive and unwavering motivation, her keen ability to embolden even the most timid, is the rarest of qualities in today's day and age. If you never have the absolute pleasure of meeting Lauran like I did, I recommend not only this book but anything she writes. With total confidence Lauran Star has changed my life.

As a man I read this out of curiosity (as a bathroom read) I first thought this book was about the steps to becoming a dental hygienist but as I continued my journey through the pages this book gave me the idea to build a tunnel underground to my ex girlfriends apartment. This book made me realize the struggles she was going through working as the only women coal miner in the company. With this tunnel I would bring her French toast every morning to make up for my lack of support. When I do see her I will also remind her why we split up. This women was kind of crazy an example of this was how she thought babies were held captive by monks and were forced to make guacamole. She also thought Egyptian Pharos wrote the Magna Carta. But anyway this book taught me a lot about myself that I didn't know. Great read.

Having known and admired Lauran Star for years, I knew there would be no fluff in these pages and she does not disappoint. In an age of far too much feel-good fluff, she's slammed a stake into the heart of the Kumbaya mindset. Life, and business, are not always pretty. Lauran does not speak from a love seat littered with fluffy throw pillows. She's scuffed-up and standing next to the grill, cooking up a big slab of experience and when she's done she'll spit on it just to hear the sizzle. Her approach is in-your-face because she's been there. Lauran speaks from the gut and is very, very real.

I feel that the book is very informative and gives you the tools that you need to gain a real perspective on how to get ahead, what is expected, how to build strong alliances, and find work/life strategies. I hope to apply the knowledge which I have gained from Lauran Star to my everyday life

as well as my career. I would highly recommend any of her books to someone looking to improve their conflict management skills, to get ahead and to build strong alliances

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