Be fierce: stop harassment and take your power back, Gretchen Carlson (book review)

Kathleen McCallister

William & Mary, krmccallister@wm.edu

Follow this and additional works at: https://scholarworks.wm.edu/librariespubs

Part of the Library and Information Science Commons

Recommended Citation

https://scholarworks.wm.edu/librariespubs/37

This Book Review is brought to you for free and open access by the William & Mary Libraries at W&M ScholarWorks. It has been accepted for inclusion in W&M Libraries Publications by an authorized administrator of W&M ScholarWorks. For more information, please contact scholarworks@wm.edu.
PSYCHOLOGY


Bargh, a psychology professor and director of Yale University’s ACME (Automaticity in Cognition, Motivation, and Evaluation) Laboratory explores the age-old mystery of the relationship between the conscious and unconscious. How much of what we say, feel, and do is actually under our control? Bargh draws on theories from behaviorism and cognitive psychology in the past, and references material ranging from Sigmund Freud to studies of Otzi (one of the world’s oldest mummies who lived around 3200 BCE) and Seinfeld. He has spent his career analyzing the power of human unconsciousness. Although the work is girded with years of studies and research, humor and use of personal anecdotes keep the writing accessible. Readers will finish the final chapter (helpfully entitled “You Have Mind Control”) with new understanding of the authority of the unconscious but also armed with practical tips, based on that knowledge, to use free will to change themselves.

VERDICT Readers of Angela Duckworth’s Grit: The Power of Passion and Perseverance or Malcolm Gladwell’s Blink: The Power of Thinking Without Thinking will definitely want to read this, as will anyone seriously interested in psychology and self-improvement. Highly recommended.—Elizabeth Safford, Buxford Town Lib., MA


Psychologist Wicks (emeritus, Loyola Univ. Maryland; Bounce: Living the Resilient Life; Perspective: The Cabin Within the Storm) adds another work for professionals who care for others with this explanation of lessons on how to enjoy a more rewarding life. In his own search for ways to build a rewarding life, Wicks learned how professional helpers and healers can facilitate their care for others with self-care, maintaining a healthy perspective, expanding one’s resiliency range, and self-renewal. His lessons are purposefully brief and not designed to be a quick fix. They require hard work, reflection, and perseverance in order to put the ideas into practice. They include appreciating respect and learning a sense of true presence, learning from failure, creating refreshing internal emotional space, and more. Wicks bases his ideas on insights revealed from the lives and writings of critical thinkers from various professions and his own clinical work. While this work borrows from Wicks’s prior books on caring for caregivers, the addition of practical tools and techniques help form a solid foundation for enlivening the lofty principles of the work.

VERDICT Highly recommended for all helping professionals and members of critical incident stress management teams. Essential for all libraries supporting helping professions curriculum.—Dale Farris, Groves, TX

SOCIAL SCIENCE


As an accomplished violinist, former Miss America, and Fox News commentator, Carlson is no stranger to the spotlight, but she faced one of the brightest and harshest lights when she filed a sexual harassment lawsuit against Fox News Chairman Roger Ailes in 2015. The results—a torrent of verbal abuse from critics and thousands of messages from women sharing their own experiences—served her into dedicated advocacy for fighting against sexual harassment and domestic violence. In her latest effort, Carlson shares the most revealing, heartfelt moments from that (R-rated) podcast, which provided by the last piece of the story. Shining through each one is Carlson’s ability to cox honest and gut-wrenching responses from her guests, whether it’s Amy Schumer discussing her sexual experiences or Barack Obama explaining the evolution of his identity. VERDICT A must-read for Carlson fans and anyone curious about her work.—Paul Stenis, Pepperdine Univ. Lib., Malibu, CA


Maron is a stand-up comic, actor, and author, but his excellence as host of the WTF with Marc Maron podcast has thrust him into the spotlight. In this collection, he shares the most revealing, heartfelt moments from that (R-rated) podcast, which has featured a long list of celebrities from many walks of life. Amy Poehler, Patton Oswalt, Terry Gross, Bruce Springsteen, Judd Apatow, and Lena Dunham are but a few of the many luminaries Maron has interviewed. Each chapter begins with a brief meditation on a single topic—“Growing Up,” “Sexuality,” “Relationships,” “Parenting,” etc.—and then divides further with the name of the podcast guest above their most raw anecdotes on that topic. Some interviewees are included several times within each chapter, so that their anecdotes build to a suspenseful, evocative climax: the punch provided by the last piece of the story. Shining through each one is Maron’s ability to coax honest and gut-wrenching responses from his guests, whether it’s Amy Schumer discussing her sexual experiences or Barack Obama explaining the evolution of his identity. VERDICT A must-read for Maron fans and anyone curious about his work.—Thomas Karel, Franklin & Marshall Coll. Lib., Lancaster, PA


This collection of essays edited by Mukhopadhyay (senior editorial director of culture & identities, Mic) and Harding (Asking for It) aims to present a diverse group of voices “writing at the intersection of feminism, identity, and personal experience” with a primary focus on the 2016 presidential election. Many pieces focus on the authors’ personal reaction to the election results, with some describing their anger, fear, and heartbreak. The contributors, including Cheryl Strayed, Rebecca Solnit, Alicia Garza, and others represent a variety of groups who fear being marginalized under Donald Trump owing to discrimination based on their race, ethnic background, religion, sexual orientation, or gender nonconformity. Some essays analyze the reasons behind Hillary Clinton’s loss of the presidency and the sexism that permeated the election, presenting historical context on the struggle for gender equality. There are also chapters on current women’s issues: health care, reproductive