Sheryl Sandberg’s book *Lean In* defines what it means to be a working woman in today’s society, and how although the roles and attitudes of working women have changed over time, there is still a lot of work to be done in order to accomplish gender equality.

Sheryl Sandberg is one of the most influential and powerful women in the business world today. As COO of Facebook, Sandberg’s career has consisted of both success and failures. She had to take many risks along her career path; risks that women typically would not want to take because they were deemed too risky, but Sandberg realized the importance of “leaning in,” and decided to make the most out of her life as a successful business woman. Sandberg states her thesis: “Whatever this book is, I am writing it for any woman who wants to increase her chances of making it to the top of her field or pursue any goal vigorously” (9). She states that her book is not just a feminist manifesto, but a book that she wants both women and men to use as a tool to learn about gender inequalities, stigmas and stereotypes that exist in the working world, especially those that surround women in the workplace, holding them back from being as successful as they could be. Sandberg then offers insightful information on how to break these stereotypes and stigmas in order to create a more equal working world.

The combination of both personal and observed experiences makes Sandberg’s book touching and enjoyable. Not only is her book an easy and quick read, but it is also easy to listen to the advice that she has to offer, because she cares about improving gender relations in the working world, and she truly wants women to see their worth. The book however, is not just
about Sandberg’s successes and failures. *Lean In* is almost like a self-help book, as it provides crucial advice about how to get ahead in the working world. Her knowledge about the business world is highly respected, as she has served in many esteemed positions amongst numerous companies with great success. Sandberg’s book is enjoyable because she never tries to shame or put down readers that have made mistakes in their career path. Her advice is useful because it is simple, yet typically not what people may do on a regular basis: like sitting at the front of a board room, or letting your manager know that you do not agree with his ideas, or even asking for a raise.

Sandberg’s book serves as a helpful tool in continuing the fight for gender equality. While American women can owe many of their rights today to the success of the Women’s Rights Movement, Sandberg’s book also serves as a helpful tool. *Lean In* is interdisciplinary with gender and women’s studies as it discusses the history of the progression of women’s rights and gender inequality. Sandberg was encouraged to write her book even after all that has been done throughout history to empower women and help fight gender inequality, because she still saw a divide between men and women in the work place. She felt as though she needed to provide something that could break stereotypical gender based roles/norms and empower women to believe that they can have children, power, success, and respect in the work place all at the same time.

*Lean In* was surprisingly more informational and easy to read than I expected and it provided information that I will take with me in my job search. I can especially see myself referring back to the book in the future for advice on navigating the business world. Both men and women will find Sandberg’s book easy to read because it has advice that is not only targeted for women, but it will positively transform the way that people can approach their roles in their careers.