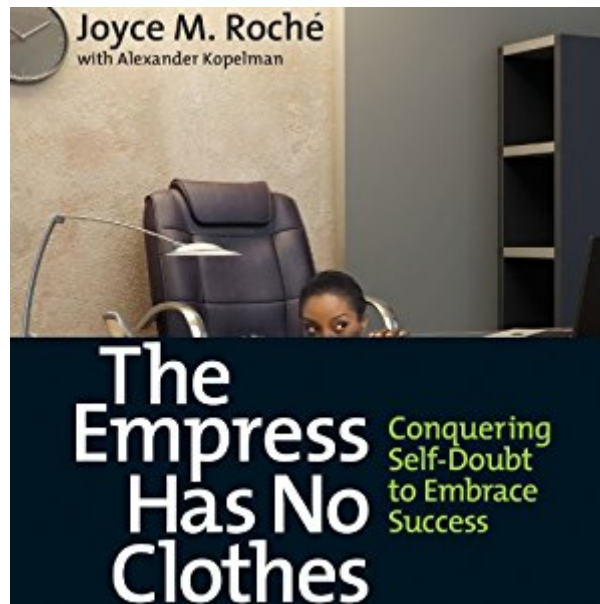


The book was found

The Empress Has No Clothes: Conquering Self-Doubt To Embrace Success



Synopsis

You Deserve Your Success! Joyce Roche rose from humble circumstances to earn an Ivy League MBA and become the first female African-American vice president of Avon, president of a leading hair care company, and CEO of the national nonprofit Girls Inc. But despite these accomplishments, she felt like a fraud. She worked more and more, had less and less of a personal life, and was never able to enjoy her success. In this deeply personal memoir, Roche shares her lifelong struggle with what she now recognizes as "the impostor syndrome," a condition that plagues successful people in all walks of life. Based on her own experiences and those of top executives from organizations such as Eileen Fisher, Citigroup, BET, Pepsi, and Tupperware, she offers practical advice and valuable coping strategies that can help you embrace your own worth and live a life of joy, zest, and fulfillment.

Book Information

Audible Audio Edition

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Customer Reviews

I am vaguely familiar with imposter syndrome. I was hoping to learn more and I did, but I felt this book was written more for executives. I am disappointed. I was hoping it would be more relevant to me. It was not

This book is well written. You feel like the author (Roche) is sitting across the table from you, sipping on coffee as she shares her experiences and others who have felt less than they should have for the roles they play in life. About ten years ago, I began hearing similar stories from other

professional women who had graduate college with good grades, and were succeeding in the workplace. Like me, they felt they were imposters. That if others only knew about the little person hiding inside of their psyche, they would not be allowed to stay in these positions. Roche shares stories like these from her own experience and from the lives of others. This "feeling" some of us have (women and men) has a name - the imposter syndrome. She compares it to being like an empress, who has no clothes. Great read. Very helpful for those who need to overcome these false feelings of inadequacy because they aren't perfect enough, or didn't achieve high enough, etc.

OMG I loved this book. I have been talking about the impostor syndrome for years, both as someone who has felt it and as someone who coaches other people. I love how Joyce uses both men and women to discuss their feelings. I also love how she breaks it down not just by a particular gender, race, socioeconomic class, but as something that can happen to everyone. If you know someone who is on their way up the ladder, by them this book. It is also a fairly easy, quick read. It can be read in less than a week.

There is nothing like being in good company. I couldn't wait for Joyce to complete the book because she'd be telling MY story as well. All the personal views included helped to inform how very successful women AND men pushed past the self-doubts and embraced their success! I highly recommend this book, and have already gifted it to some special "emerging" leaders. Ms. Roche, you are my s/hero!

I congratulate you, Joyce, on your "rise to the top"! You made your successful years in Corporate America appear as if it were the results of a few sacrifices and hard work. The inside look at the challenges you faced while making history were surprising. Joyce, in addition to your experience, it was amazing to read about some many different successful women whose experiences were similar. I highly recommend anyone starting his/her career, midway through your career or at the pinnacle of your career to read this book. It offers sound advice on issues that could impact your success! The Empress Has No Clothes has inspired me to recognize my achievements and to enjoy success when it comes. Thanks, Joyce!
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I needed this book now as much as I did 20 years ago. In the later years of my career, the imposter syndrome still rears its ugly head. Reading this book affirms I am on the right path and very relevant

in what my experiences can do for other women.

I thoroughly enjoyed this book, not only its open and honest discussion of the "imposter syndrome", an area of self doubt faced by many, but because of Joyce's remarkable personal story. The book is very readable and enjoyable. Not only is it a relevant read for those well into their careers, but I highly recommend it for young people just starting their careers. It is a perfect graduation gift!

I definitely recommend this book! It is a highly-readable book that shares Joyce's extraordinary personal story, combined with accessible information from the research about this psychological experience and compelling, deeply-personal interviews with other remarkable leaders.

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