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**“An up-to-the-minute, indispensable book.**

**This book is the coach women need.”**

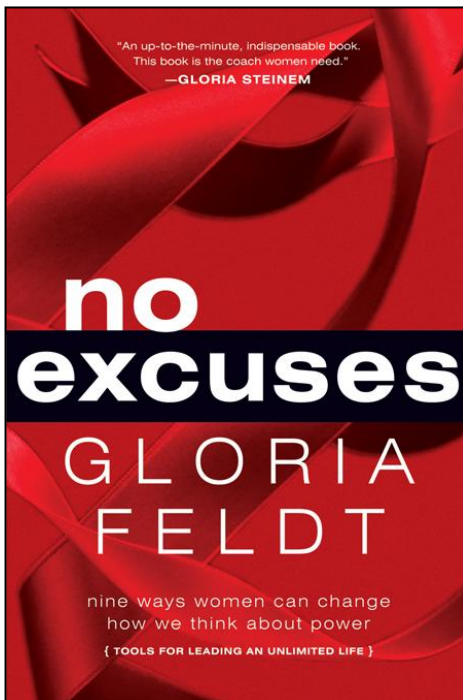
**~Gloria Steinem**

***Now in Paperback!***

***No Excuses: 9 Ways Women Can Change***

***How We Think About Power***

**By Gloria Feldt**



In 2010, the gender balance in the American workforce tipped toward women: For every man who received a bachelor’s degree, three women did the same. Yet there is still a 20% pay gap between men and women, and women represent only 3% of Fortune 500 CEOs. What’s wrong with this picture?

In ***No Excuses: 9 Ways Women Can Change How We Think About Power*** (Seal Press / March 2012 / \$17.00), Gloria Feldt asserts that that nobody is keeping women from parity—except themselves. Combining extensive research, her personal experience as former CEO and president of the Planned Parenthood Federation, and interviews with dozens of women politicians, business owners, and activists, Feldt concludes that the doors of opportunity are wide open; however, too few women are leading the way to claim their power and reach parity with their male counterparts.

*No Excuses* reveals how women limit themselves by adhering to outdated social structures and by succumbing to pressure to conform to society’s standards. Feldt argues that women must shift the way they think about power and leadership for any large-scale social change to happen.

To achieve this shift, Feldt gives women dynamic tools to overcome the barriers keeping them from power and leadership. *No Excuses* is divided into nine chapters, each one organized around a specific power tool that will help women change the way they think—and the way they act.

With eye-opening and invaluable information written by one of today’s most respected and well-known feminist voices, *No Excuses* is a timely and important resource to help women equalize gender power in politics, work, and love.

# # #

## **About the Author of No Excuses: 9 Ways Women Can Change How We Think About Power**



**Gloria Feldt** is a nationally renowned speaker, activist, and author whose passion for social justice has propelled her life's work. Her previous books include the New York Times bestseller *Send Yourself Roses*, coauthored with actress Kathleen Turner, *Behind Every Choice Is a Story*, and *The War on Choice*.

*People* magazine calls Feldt "the voice of experience." A teen mother from rural Texas, Feldt served as president and CEO of Planned Parenthood Federation of America, the nation's largest reproductive health and advocacy organization, from 1996-2005.

Feldt's passion for bettering women's lives remains her driving force as a thought leading commentator on women's issues, politics, media, and leadership. She teaches "Women, Power, and Leadership" at Arizona State University, serves on the boards of the Women's Media Center and the Jewish Women's Archive, and co-chairs U.S. Women Connect.

For more info on [No Excuses](http://www.gloriafeldt.com), go to <http://www.gloriafeldt.com>, Follow her on Twitter [@gloriafeldt](https://twitter.com/gloriafeldt), or become a fan of [Gloria Feldt](https://www.facebook.com/gloriafeldt) on Facebook. To schedule a media interview or power-full speech or dynamic workshop, contact <mailto:Gloria@gloriafeldt.com>

**No Excuses**  
**9 Ways Women Can Change How We Think About Power**  
By Gloria Feldt  
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ISBN 13: 978-1-58005-388-4

### **About Seal Press**

Seal Press was founded in 1976 to provide a forum for women writers and feminist issues. Since then, Seal has published groundbreaking books that represent the diverse voices and interests of women—their lives, literature, and concerns. Seal's authors are radical and original thinkers, professionals with a distinct point of view, gutsy explorers, truth-tellers, and writers who engender laughter, tears, and rage. Seal Press publishes books with the goal of informing women's lives. Based in Berkeley, Calif., Seal is a member of the Perseus Books Group. You can visit us at [www.sealpress.com](http://www.sealpress.com).

## More Praise for No Excuses

"With heartfelt encouragement ... (including strategies for including men in feminist causes), this guide is accessible to all."

— *Publisher's Weekly*

"I was incredibly moved by the inspiring stories in *No Excuses*. To honor the women who came before us, we need to recognize each other and listen for our inherent wisdom. This is a book you'll be quoting."

— Rosario Dawson

"Feldt's overall message is a sound one: While we can't magically eliminate bias, we can work on self-imposed handicaps anytime we choose."

— Leslie Bennetts, [ELLE Magazine](#)

"One of those books that has the power to change your life. It's challenging and smart, but most important, it gives you actual tools you can use to walk in your own power."

— Jane Fonda

"*No Excuses* . . . gives a firm, supportive nudge to move past internal and external roadblocks."

— Shira Tarrant, [Ms. Magazine](#)

"From personal to political power, *No Excuses* offers a clear roadmap for women. But it's Feldt's relatable—and often funny!—voice that makes the trip all the more fun."

— Jessica Valenti, author of *The Purity Myth*  
and founder of Feministing.com

"Gloria Feldt argues that it's time for women to stop pointing fingers and just claim our equality already. Feldt's new book gives us nine clues on how to do that, from changing the way we think about power to resisting being co-opted into a man's world."

— Amanda Hess, [TBD](#)

"A knockout of a book, *No Excuses* hits the mother lode by showing women how we deny our power. Gloria shows us how to work our 'power-to' and be stronger for it."

—Kathleen Turner

"Your book offers tips on how women can turn things around."

— Adriana Gardella, [New York Times](#)

"Feldt... [is] pointing out that if women want to reap the tangible benefits of feminism, we can't rest on the laurels of having choices; we must make choices that advance us."

— Shauna Miller, [XX Factor @ Slate.com](#)

“*No Excuses* is loaded with fresh advice and uplifting stories. As a businesswoman, I am inspired by Gloria’s optimistic message.”

— Dr. Debra Condren, author of *Ambition Is Not a Dirty Word*

“Gloria Feldt is a powerhouse – and she knows how to use her power for the greater good. She’s a leader, a mentor, and an inspiration. This book will clear your path to success; stripping away any of the barriers you think are in your way.”

— [Hello Ladies](#)

“Feldt is one of the most motivating women in America, period. Her observations are sharp and her courage is contagious—for women of both political parties.”

— Cindi Leive, Editor-In-Chief of *Glamour* magazine

“An up-to-the-minute, indispensable book. This book is the coach young women need.”

—Gloria Steinem

“Feldt’s offering of impressive success stories, her list of power tools and her sincere enthusiasm for fostering women leaders will leave her readers with a heightened awareness of the inequalities that must be overcome and a willingness to participate in changing the system.”

—Theresa Noll, [On The Issues Magazine](#)

“Feldt employs a no-nonsense, tough-love point of view to expose the internal and external roadblocks holding women back, but she doesn’t place blame.... *No Excuses* is a timely and invaluable book that intends to help women equalize gender power in politics, work, and love.”

— Jodi Jacobson, [RH Reality Check](#)

“Gloria’s redefinition of power is exactly what the world needs today.”

— Peter Buffett, composer, philanthropist,  
author of *Life Is What You Make It*

“*No Excuses* is attitude-changing and empowering for women of any age. It challenges us to stop limiting ourselves, to clarify our intentions and manifest our goals. Gloria Feldt gives us information and what-to-do ideas that can turn women into activists on their own behalf and into change-makers in their world.”

—Jean Shinoda Bolen, M.D.,  
author of *Goddesses in Everywoman*  
and *Urgent Message from Mother*

“What Gloria calls her nine “Power Tools” were not written with writing in mind, but they are, every one of them, tools women who write should employ. And it’s a book I think every woman writer should read.”

— Kamy Wicoff, [SheWrites](#)