



**SEAL PRESS**

www.sealpress.com

A Member of the  
Perseus Books Group

**FOR IMMEDIATE RELEASE: October 5, 2010**

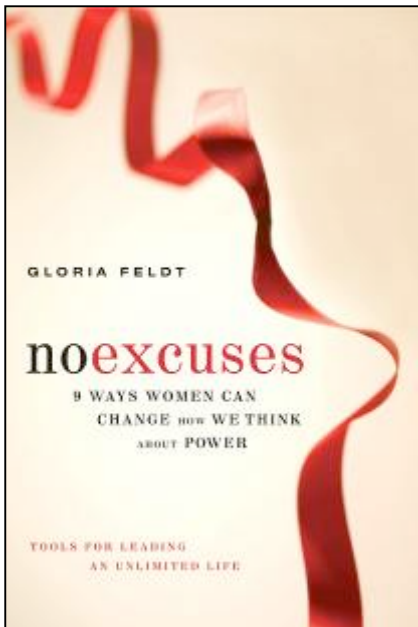
**CONTACT: ANDIE EAST | PUBLICIST**

**PHONE: 510-809-3872**

**E-MAIL: andie.east@perseusbooks.com**

**Feminist icon Gloria Feldt reveals that no one is holding women back now but themselves—and offers real strategies for how to change their thinking and embrace power:**

***No Excuses: 9 Ways Women Can Change How We Think About Power***



Earlier this year, the gender balance in the American workforce tipped toward women: For every man who receives a bachelor's degree this year, three women will do 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 / October 2010 / \$24.95), Gloria Feldt asserts that today, 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 open; however, at the rate women are leading the way through the doors, it will take 70 years to reach parity with their male counterparts.

While many structural barriers remain, *No Excuses* reveals how women limit themselves by adhering to outdated social structures and by succumbing to pressure to conform to society's standards.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 transformational social change to happen.

Not content to state problems, Feldt gives women the 9 Ways--dynamic tools to overcome the external and internal barriers keeping them from power and leadership. *No Excuses* has nine chapters, each organized around a specific power tool that will help women change the way they think—and the way they act—so they can lead unlimited lives.

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**



**Gloria Feldt** is a nationally renowned 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 an independent commentator on women's issues, politics, media, and leadership. She teaches "Women, Power, and Leadership" at Arizona State University and serves on the board of the Women's Media Center.

**For more info on No Excuses go to [www.gloriafeldt.com](http://www.gloriafeldt.com) or  
become a fan of [Gloria Feldt](#) on facebook.  
Follow @GloriaFeldt on Twitter**

### ***No Excuses***

#### ***9 Ways Women Can Change How We Think About Power***

By Gloria Feldt

Seal Press · October 5, 2010 · 375 pages · \$24.95 · hardcover  
ISBN 13: 978-1-58005-328-0

### **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).