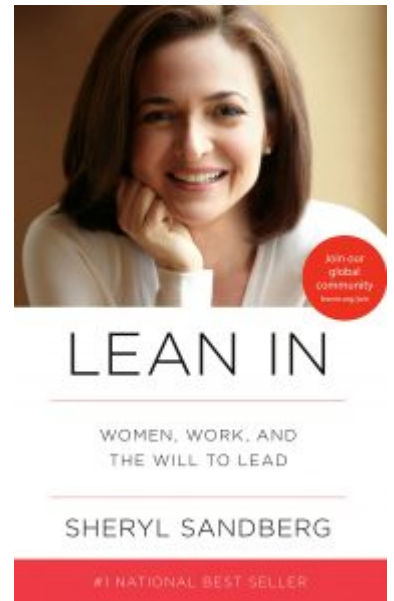


# Lean In Book Summary (PDF) by Sheryl Sandberg

Ready to learn the most important takeaways from Lean In in less than two minutes? Keep reading!



## Why This Book Matters:

Sheryl Sandberg's international bestseller shines a light on the gender inequality that still exists and shows women how to address it and move past it to achieve their ambitions.

## Key Takeaways:

- 1. Despite significant progress, it is important to be aware that gender inequality still exists**
  1. Women are still discriminated against, and many aren't aware of the ongoing bias.
  2. *Example: In the 1970s, women made \$0.59 to every dollar men made. In 2010, women still only earned \$0.77 to every dollar men made.*
- 2. Women are noticeably absent from leadership positions**
  1. Whether it's due to childhood learned bias or motherhood, many women tend to be less committed to pursuing leadership positions.

2. *Example: Only 4% of Fortune 500 company CEOs are women even though women outperform men in pre-professional academic settings.*
3. **Talk openly with others about inequality to work together towards a solution**
  1. Discussing gender inequality often identifies opportunities to help close the gap.
  2. *Example: Professors who know that women are less likely to raise their hand in class may call on an equal number of males and females in order to level the imbalance.*
4. **Fake confidence until you build it naturally**
  1. Many women are plagued by the “imposter syndrome,” where they believe their skills are inferior and thus hold back in areas where career progression requires confidence.
  2. *Example: Research shows that women consistently undervalue their contributions.*
5. **Navigate your career like a jungle gym instead of treating it like a ladder**
  1. The notion of “career ladder” is becoming antiquated, as many people change careers many times in their lives.
  2. *Example: The author was once considering a job at Google long before the company had made a big impact. Rather than looking at whether the position would be a step up on the career ladder, she looked at the growth potential of the company.*
6. **In professional settings, women are often forced to choose between being liked and professional achievement**
  1. Because of ingrained stereotypes, women have had to be ambitious without appearing pushy.
  2. *Example: Women often must approach salary increase negotiations in terms of the team’s success instead of speaking of what she’s accomplished on an individual level.*
7. **Equality is just as important at home, too**

1. Home obligations should be equally balanced.
  2. *Example: Working moms spend 40% more time on childrearing than men do.*
8. **Women shouldn't assume that having children will prevent them from being able to take on the professional roles they aspire to**
1. It is possible to balance both work and motherhood, so don't let up on your goals.
  2. *Example: Many women have let opportunities for career advancement pass them by in anticipation of motherhood.*
9. **It's impossible to have it all, so make sure to prioritize what's most important**
1. Make time for what's most important, as striving for perfection in every aspect of life will lead to burnout.
  2. *Example: Make sure to go to a child's game but accept that the house may not be perfectly clean.*

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