



## Revolution from Within: A Book of Self-Esteem

By Gloria Steinem



**Revolution from Within: A Book of Self-Esteem** By Gloria Steinem

**“Without self-esteem, the only change is an exchange of masters; with it, there is no need for masters.” —Gloria Steinem**

When trying to find books to give to “the countless brave and smart women I met who didn’t think of themselves as either brave or smart,” Gloria Steinem realized that books either supposed that external political change would cure everything or that internal change would. None linked internal and external change together in a seamless circle of cause and effect, effect and cause. She undertook to write such a book, and ended up transforming herself as well as others.

The result of her external plus internal reflection is this bestselling and truly transforming book: part collection of personal stories from her own life and the lives of many others, part revolutionary guide to finding community and inspiration. Steinem finds role models in a very young and uncertain Gandhi as well as unlikely heroes from the streets to history. *Revolution from Within* addresses the core issues of self-authority and unjust external authority, and argues that the first is necessary to transform the second.



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## Revolution from Within: A Book of Self-Esteem By Gloria Steinem Bibliography

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### Editorial Review

#### From Library Journal

One of the founding mothers of contemporary feminism has written a self-help book that utterly transcends the genre. In lucid prose that is by turns brave and funny and tender, Steinem takes us on a journey of circles and spirals because, as she says, "If we think of ourselves as circles, our goal is completion . . . if we think of work structures as circles . . . progress means mutual support and connectedness." Drawing from sources that range from Margaret Mead to Chief Seattle (Sealth), from Alice Walker to the Upanishads, as well as from her own life and the lives of her friends and colleagues, she provides a series of pathways to self-esteem. Steinem's book unfolds like a flower: it offers literature, art, nature, meditation, and connectedness as ways of finding and exploring the self. Her message is that it is our very selves that we need to trust, despite educational and societal pressures that may denigrate the female experience. Her focus is women, but she is clear that what she has to say is for men, too, and she is neither strident nor dismissive. Recommended for all collections. Previewed in Prepub Alert, LJ 6/15/91.

- *GraceAnne A. DeCandido, "School Library Journal"*

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#### From Kirkus Reviews

In the wake of such feminist calls-to-arms as Susan Faludi's *Backlash* (p. 1133), Paula Kamen's *Feminist Fatale* (p. 1137), and Naomi Wolf's *The Beauty Myth* (p. 389), Steinem's inwardly turned examination of how men and women sabotage themselves by suppressing the ``child within" appears decidedly retro. Nevertheless, her reflections on her own and others' spiritual struggles may give a new generation of activists pause for further reflection. In the wake of Ms. magazine's sale and her own resignation as its editor, Steinem found herself, she says, with the time and inspiration to write a book she'd had in mind for years--a study of the psychological and societal factors that negatively influence self-esteem. The result, she tells us, was a heavily footnoted, scholarly report whose reliance on experts' opinions revealed Steinem's own deep lack of confidence, and inspired her to toss away her original manuscript and come out of the closet herself. Recounting her own early life as the daughter of a factory worker who divorced his mentally ill wife when Gloria was only ten, Steinem details the natural progression from a co-dependent relationship with her mother to an unconscious adult sense of being ``co-dependent with the world." Forced by her need to wall off her past, she led a life of outer-world confrontations until, through therapy undertaken as research for her book, she began to master her ``inner child." By including others' tales of self-actualization through a ``revolution from within"--the creation of a winning chess team in Spanish Harlem, the transformation of a housewife into an entrepreneur, etc.--Steinem illustrates how others' psychic journeys may lead in much different directions than her own. Still, much of what is recommended here will strike many as old hat--and, in the end, more interesting as an update on the feminist's life than as a practical aid to others. A piquant counterpoint to recently revitalized, outer-directed feminist fashion. -- *Copyright ©1991, Kirkus Associates, LP. All rights reserved.*

#### Review

“Gloria Steinem dared to look behind the bravely smiling face she presented to the world for many years to encounter a not-so-bravely smiling inner self.” —Alice Walker

“The ultimate self-help book.” —*Los Angeles Times*

“The book that could bring the human race a little closer to rescuing itself.” —Naomi Wolf

## **Users Review**

### **From reader reviews:**

#### **Marilyn Vance:**

The feeling that you get from Revolution from Within: A Book of Self-Esteem is a more deep you rooting the information that hide into the words the more you get interested in reading it. It does not mean that this book is hard to recognise but Revolution from Within: A Book of Self-Esteem giving you thrill feeling of reading. The writer conveys their point in specific way that can be understood by means of anyone who read that because the author of this publication is well-known enough. This specific book also makes your current vocabulary increase well. Therefore it is easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this kind of Revolution from Within: A Book of Self-Esteem instantly.

#### **James Cummings:**

The e-book with title Revolution from Within: A Book of Self-Esteem contains a lot of information that you can study it. You can get a lot of benefit after read this book. This particular book exist new understanding the information that exist in this book represented the condition of the world now. That is important to you to be aware of how the improvement of the world. This book will bring you in new era of the the positive effect. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

#### **George Williams:**

Exactly why? Because this Revolution from Within: A Book of Self-Esteem is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will zap you with the secret this inside. Reading this book alongside it was fantastic author who all write the book in such remarkable way makes the content inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of positive aspects than the other book have got such as help improving your ability and your critical thinking approach. So , still want to hold off having that book? If I have been you I will go to the e-book store hurriedly.

#### **William Evans:**

Would you one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Aim to pick one book that you just dont know the inside because don't assess book by its protect may doesn't work here is difficult job because you are afraid that the inside maybe not since fantastic as in the outside look likes. Maybe you answer could be Revolution from Within: A Book of Self-Esteem why because the wonderful cover that make you consider concerning the content will not disappoint a person. The inside or content is fantastic as the outside or cover. Your reading sixth sense will directly direct you to pick up this book.

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