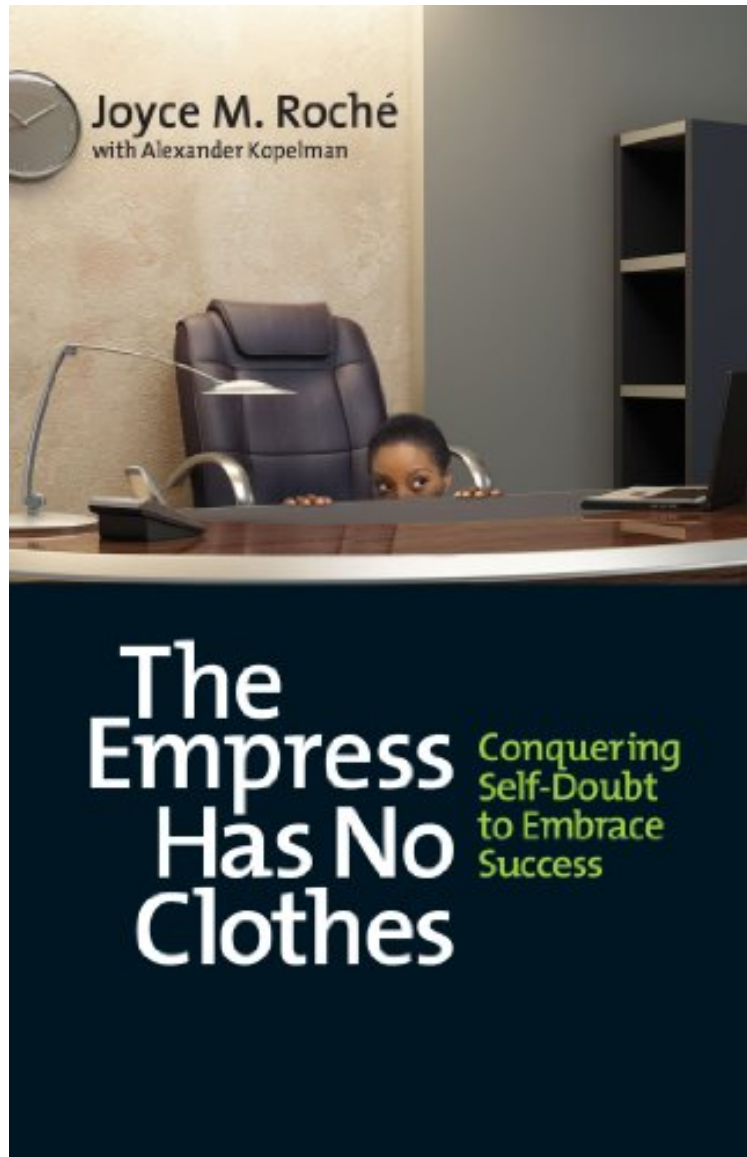


(Free and download) The Empress Has No Clothes: Conquering Self-Doubt to Embrace Success

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

Joyce M. Rocheacute;, Alexander Kopelman
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Joyce M. Rocheacute;, Alexander Kopelman : The Empress Has No Clothes: Conquering Self-Doubt to Embrace Success before purchasing it in order to gage whether or not it would be worth my time, and all praised The Empress Has No Clothes: Conquering Self-Doubt to Embrace Success:

1 of 1 people found the following review helpful. The imposter syndrome is explained and help is given by Roche.By Jerra DooleyThis 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. 1 of 1 people found the following review helpful. Yes, you want this book in your life. By DatDCFrancochickOMG 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 loves 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. 1 of 1 people found the following review helpful. To Thine Own Self Be True By S. Williams 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.

You Deserve Your Success! Joyce Rocheacute; 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, Rocheacute; 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. "The impostor syndrome is all too common among highly successful people—and until now a closely guarded secret! Joyce Rocheacute;'s insights will make success at each stage of our life and career a more joyful experience for those of us—such as me—who have felt this insecurity." —Rick Goings, Chairman and CEO, Tupperware Brands Corporation "Whether you are just starting your career or are nearing its pinnacle, this book will do more than help you navigate effectively; it will help you enjoy the journey." —Earl "Butch" Graves Jr., President and CEO, Black Enterpris "This is a book that is so needed by women—especially younger women. [It] offers hope, guidance, and gentle mentorship to all of us who have ever confronted the fear of not measuring up." —Rosina L. Racioppi, President and CEO, Women Unlimited, Inc. "Silence and isolation are the hallmarks of the impostor syndrome. Joycers' courage in speaking out will be tremendously helpful to all those who have ever experienced these feelings by letting them know that they are not alone." —Pauline Rose Clance, PhD, psychotherapist who, with Suzanne Imes, PhD, first identified the impostor syndrome

Despite her impressive career, Rocheacute;, former CEO of Girls Inc. and the first African-American vice-president of Avon Products, turns out to be an overachiever plagued by self-doubt. She refers to this condition, common to many executives, as "impostor syndrome." She shares stories from her own and others' lives (including interviews with BET Networks chairman Debra Lee, and Ed Whitacre, former chairman and CEO of GM) to show that these feelings are not unique and to help readers, especially women and minorities, embrace their successes. She encourages readers to understand their fear, clarify values, and build connections with those who share those values, and to get centered in oneself. While Rocheacute; focuses on "impostor syndrome" in the workplace, her subtle lessons are equally helpful outside the office. She provides a useful "Imposter Phenomenon Test" that is readily applicable to both work and personal life. Because Rocheacute; is so adept at using experience as a model and teaching tool, her advice is a much softer sell, and more convincing and relatable, than that which is provided by experts in most career guides. Readers will find Rocheacute;'s lessons valuable on both personal and professional fronts. (June) —Publisher's Weekly Joyce M. Rocheacute; opens *The Empress Has No Clothes* with several key questions from Dr. Pauline Rose Clance's *Impostor Test*, as in "Sometimes I'm afraid others will discover how much knowledge or ability I really lack" (answer with degrees of not all true to very true). If "very true" resonates with you, then this is your book. The accomplished Rocheacute; weaves her stellar education and accomplishments in the corporate world in this memoir-based book while prefacing the underlying issues so many readers, especially women, experience as they try to move upward in their careers. Issues such as: race, self-doubt, age, "Girl in a Man's World," more to prove, and listening to your heart are addressed by Rocheacute; as she shares her experience, strength, and hope. Every reader will glean encouragement from the simple, down-to-earth, hard-working tone of *The Empress Has No Clothes* and begin to take bigger steps

forward to embrace the success they deserve.—Allyson Gracie, Wellness Specialist, Pilates Yoga Instructor, Retailing Insights—The impostor syndrome is all too common among highly successful people—and until now a closely guarded secret! Joyce Rocheacute’s insights will make success at each stage of our life and career a more joyful experience for those of us—such as me—who have felt this insecurity.—Rick Goings, Chairman and CEO, Tupperware Brands Corporation—Whether you are just starting your career or are nearing its pinnacle, this book will do more than help you navigate effectively; it will help you enjoy the journey.—Earl Butch Graves Jr., President and CEO, Black Enterpriseldquo;This is a book that is so needed by women—especially younger women. [It] offers hope, guidance, and gentle mentorship to all of us who have ever confronted the fear of not measuring up.—Rosina L. Racioppi, President and CEO, Women Unlimited, Inc.—Silence and isolation are the hallmarks of the impostor syndrome. Joycersquo’s courage in speaking out will be tremendously helpful to all those who have ever experienced these feelings by letting them know that they are not alone.—Pauline Rose Clance, PhD, psychotherapist who, with Suzanne Imes, PhD, first identified the impostor syndrome