

Why Should You Buy this Book?

Answer these thirty questions. There are ninety more questions in the book, Me, Again. When you have answered the thirty questions, add up the total "Yes" answers and the total "No" answers.

(Questions extracted from the book, Me, Again... The untold story of every woman's life by Ann Mody Lewis, Ph.D.)

How Has Socialization Affected You?

Detecting the ways cultural expectations have dominated your life is difficult because we take for granted our inner struggles for personal peace. This simple survey divides your life into six categories. In each category, there are twenty behavioral and/or attitudinal questions. Respond honestly to each. You will not be scored or criticized. These questions will help you know why you should read Me, Again and join the On-line Journey.

Sample self-assessment questions for you to answer privately:

Your "Self" Perception:

- Do you have a hard time believing you are beautiful?
- Are other people's dreams and pains more important than your own?
- Have you ever given yourself a birthday party?
- Do you believe that you have the right not to be perfect?
- Did you give up your career to raise your children?

Your "Self" and Your Body:

- Do you insist on applying makeup before leaving the house?
- Do you make negative comments about your body when others try to compliment you?
- Are you constantly on a diet?
- Do you avoid wearing tight clothes?
- Are you critical of your appearance?

Your "Self" and Relationships:

- Do you feel guilty about showing anger?
- Are you assertive enough with your mother to set firm boundaries?
- Do you find conflict uncomfortable and do whatever you can to avoid it?
- Are you living with someone who is not romantic?
- Do you fantasize about a life you'd rather be living?

Your "Self" and Career:

- Do you go to work when you are sick?
- Have you neglected to build a personal retirement fund?
- If you are a Lesbian, are you “out” at work?
- Is it easier for you to be underpaid than to ask for the wage you deserve?
- Do you feel that your work is as important as your husband’s or partner’s?

Your “Self” and Money:

- Has ending a relationship resulted in you suffering financially?
- Are you too embarrassed to discuss financial issues with those whom you do business?
- Do you feel that getting paid for your services makes your services less sincere?
- Are you reluctant to deposit your paycheck into your own bank account?
- Are you afraid to ask people for the money they owe you?

Your “Self” and Family:

- Did you surrender your surname when you married?
- Do you hate to clean, but do it anyway?
- Do you take full responsibility for the welfare of your children?
- Do you give up doing the things you enjoy because you feel guilty about having fun?
- Do you get the respect of your in-laws?

A non-standardized score will help you determine how deeply gender socialization has affected your life.

If you answered “yes” to less than 10 of these questions, buying the book and joining the On-line Journey will make you a leader by expanding your power.

If you answered “Yes” to 11-20 of these questions, reading this book and joining the On-Line Journey will help you survive and thrive.

If you answered “Yes” to more than twenty of these questions, I would like to help you. I can do that, if you buy the book and join the On-line Journey. The Lectures, Blog and monthly chat room experiences will free your mind.

Notice what categories had the most “yes” answers. That is an area you need to focus on.

Notice the categories you had the most “No” answers. Ask yourself what creates your strength in that area. Remember... Your emotional strength is the source of your power! You determine your own power and peace!