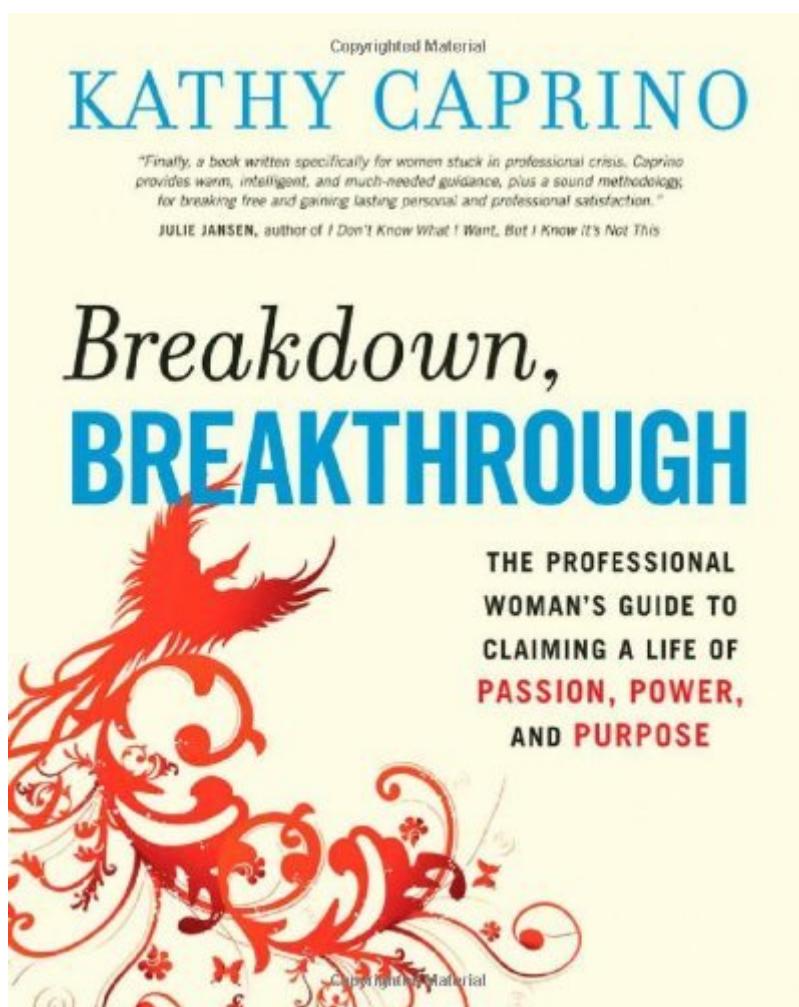


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# Breakdown, Breakthrough: The Professional Woman's Guide To Claiming A Life Of Passion, Power, And Purpose



## Synopsis

Helps professional women experiencing feelings of disempowerment and dissatisfaction regain the confidence, courage, and energy to take control of their livesIdentifies 12 crises professional women face today and offers specific advice and tools for overcoming themDraws on interviews with over one hundred women, offering inspiring stories and practical advice for addressing and resolving disempowermentThousands of professional women, though outwardly successful, find themselves in the midst of a crisis, believing that they've sacrificed meaning, fulfillment, and balance in their lives to achieve work-related success. Their lives feel unmanageable "and they are confused, blocked, overwhelmed and unable to move forward effectively. Kathy Caprino sheds light on this growing epidemic of disempowerment and shows women how to reinvigorate and reclaim their lives.Breakdown, Breakthrough uses a comprehensive coaching, behavioral, and spiritual framework to explore how women can restore their power and reconnect with their life visions as they awake from the paralysis of professional dissatisfaction and personal diminishment. Caprino outlines a new model for understanding disempowerment, one that focuses on women's relationships with themselves, with others, with the world, and with what she calls their higher selves. She identifies twelve specific challenges professional women face and offers concrete, practical advice for overcoming each one "helping readers step back, let go of what is holding them back, and say yes • to creating a compelling and rewarding next chapter of life and work. This is also a deeply personal book. Caprino candidly discusses her own struggles with crippling feelings of disempowerment, and shares moving stories and heartfelt advice gleaned from her interviews with over one hundred women who experienced and overcame the crises she describes. Breakdown, Breakthrough offers working women who are stressed, stuck, and dissatisfied access to new inspiration, hope, and a definite plan of action.

## Book Information

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## **Customer Reviews**

I just finished this inspiring book, and recommend it wholeheartedly. I am really impressed with the way in which Caprino features specific case studies of professional women and how they have not only survived crisis, but come through the other side more fulfilled, happier, and more connected to their higher selves. Each chapter addresses a different focus and set of specifics, but the overall message is as hopeful as it is direct. Each of us CAN live our best, most balanced lives, starting right now. Caprino provides interesting exercises, meditations, and checklists that help keep the more practical readers moving forward, and has a fresh writing style that will bring a new perspective to even the most self-help-addicted among us.

This book has some good information but the stories are depressing. All the women go from high powered careers in marketing to average jobs. I expected the book to be more about bigger thinking. It needed more variety for me.

I can't quite give this three stars. If you want trade-in your high-powered job for something that pays less and requires a lot less from you, this is the book for you. If you're looking for more, look elsewhere. There's nothing new in here, it's tedious, uninspiring and worst of all, downright depressing. While there are a few good ideas, there aren't enough of them to justify the spend on money and time. The message I'm getting is 'settle for less'. While there is nothing wrong with settling for less, that's not what the book promises. If you want to reconfigure your life, I can recommend Martha Beck's Finding Your Own North Star. Timma's review is spot on (although she's been a tad more generous with her stars). Unfortunately, I got sucked in by the rave reviews.

Although it's been well documented that many men go through a midlife crisis, women have only recently recognized a similar life transition. When a woman suddenly finds herself stuck in a career

that no longer seems to fit and she longs for something more, she often has no place to turn. Breakdown, Breakthrough was conceived when Kathy Caprino found herself in the midst of her own professional meltdown, and provides answers for women facing these struggles. When a woman feels out of control in this stage of life, she needs to be empowered to make the right choices. Four areas of empowerment are covered in this book: with self, with others, with the world, and with the higher self. In all four areas, the reader is invited to step back to explore what might be causing the problem, let go of something that just isn't working, and say yes to something new that might work better. Caprino shares the wisdom she's collected from women who have been through some dramatic changes that improved the quality of their lives. In addition to sharing their stories, these women offer advice and affirmations to guide us on a similar breakthrough. Action steps and probing questions are also provided. A resource list of reading, websites, and groups is included, and Caprino suggests that you may need the support of a life coach or therapist, if you feel you can't make these changes alone. But the most important thing you can do now is to recognize and take action to make your life the best it can be. Breakdown, Breakthrough can provide the expert assistance you'll need on your journey. Reviewer: Alice Berger

In the spirit of full disclosure, I am a former colleague of Kathy Caprino's and was delighted to learn she had published this book through my wonderful former employer, Berrett-Koehler [the best small publisher in the country, and the most author-friendly.] As someone who reviews books for several national business magazines, I am always on the lookout for new books by and for women. Though one might think this was purely \*for\* women, I think it has real lessons for everyone seeking passion and purpose in their work. Too often managers get so caught up in the day-to-day firefighting that they forget what brought them to their current jobs in the first place. And who suffers most? Their employees -- and, sadly, often their families when they come home empty and burned out after another tension-filled day at the office. I urge both men and women to take a look at this entertaining and inspiring book. I ordered it for my Kindle this morning and have already almost finished it. It's the best book on the subject I've read since 'Time Off for Good Behavior' and 'The Power of Purpose.' Congratulations, old friend.

Don't wait for the breakdown---grab Caprino's book when you start to slide. It's pitched to the professional woman in crisis but it works for the dips in the career path also. Plus, it goes beyond the executive or corporate professional woman to fit work-at-home women like me, a writer freelancing. Just be warned it is not a fast read. Each chapter needs to simmer and settle before the

reader moves on. I suspect I'll come back to it again. Thank you, Kathy Caprino!

I'm at a crossroads right now, and this book if anything showed me I'm not the only one experiencing wanting to work somewhere and make a difference rather for the usual rat race. Easy to understand, I'd recommend this for anyone who finds themselves questioning their direction in thankless jobs.

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