

(Read now) Getting Real About Having it All: Be Your Best, Love Your Career and Bring Back Your Sparkle

Getting Real About Having it All: Be Your Best, Love Your Career and Bring Back Your Sparkle

Megan Dalla-Camina

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Megan Dalla-Camina : Getting Real About Having it All: Be Your Best, Love Your Career and Bring Back Your Sparkle before purchasing it in order to gauge whether or not it would be worth my time, and all praised Getting Real About Having it All: Be Your Best, Love Your Career and Bring Back Your Sparkle:

0 of 0 people found the following review helpful. numerous style makes you feel like you are having a conversation

with your best (and ...By C L Hodgkinson Megan is a talented writer. Her chatty, numerous style makes you feel like you are having a conversation with your best (and most supportive) friend. Short and sharp chapters break down each topic into easy to digest messages. If that isn't enough there is a quick revision at the end of each chapters with handy "now it's your turn" suggestions. It has definitely great food for thought - I am off on my search for my inner goddess and to rediscover my passion! Written by someone who has clearly "been there, done that, starred in the movie" (without making the reader feel completely inadequate), I think "Getting Real" has something for everyone who has ever asked "so what's next?". 1 of 1 people found the following review helpful. LOVED LOVED LOVED By Kelly Lang Megan's words are as poetic and profound as they are practical. With humor and vulnerability, and a splash of sass, she guides us into every nook and cranny of our psyche so we can't run and hide from our truth anymore. She has a beautiful talent of making me feel like she is my best friend, gently empowering me to do what my intuition has not so gently been telling me to do for years. I'm gifting this book to every woman in my life that I love and care about. READ IT AND REAP ladies! 1 of 1 people found the following review helpful. Great book! By Susan I really enjoyed reading this book. The topics are very practical and easy to apply to your own life, particularly when contemplating changes or reassessing where you are at. Megan writes like you are having a conversation with her and you know her experiences are real and hence, her suggestions are valuable. I highly recommend this book for all women - I'm definitely finding my sparkle again!

Grounded in the realities of the real world, by someone who lives there, *Getting Real About Having it All* is a must-read for any woman who has ever groaned at the presumed impossibility of building and maintaining a successful career, a fulfilling personal life, health and happiness. Having it all is a personal choice. This book asks you to decide what it means for you, and then provides you with practical steps to get on and keep you on the path to achieving it. *Getting Real About Having it All* will provide you with tools and support to bring out your personal best and shape a career that you love and guide you in the right direction to create true wellbeing in your life. For the first time, *Getting Real About Having it All* brings together the personal development guidance, expert career advice and wellbeing support needed to build a meaningful life!

From the Publisher Megan Dalla-Camina, who manifests a positive, life-enhancing style of leadership in her own work and life, gives helpful insight into how a woman can tap her potential. Especially useful are her observations on how to make the most of the new brain science that addresses re-patterning unhelpful approaches, and her focus on "do the right thing, not the easy thing". A refreshing approach to the issue of leadership for women. Naomi Wolf, Author of *The Beauty Myth* Megan Dalla-Camina is that rarest of writers: she intimately understands the workings of both the human mind and the world of business and writes with passion about where those two intersect. This book is immensely readable and hugely valuable. Whether you want to understand yourself or build a meaningful career this is the book you need to read. Terry Robson, Co-Editor *WellBeing Magazine*, Author, Broadcaster An holistic book that is uplifting and loaded with easy to follow information on how to bring out your personal best, shape your life into the one you want and build a career that is perfect for you so you never have to feel like you're working another day in your life! A thoroughly enjoyable read; I looked forward to picking it up every day. Megan has a fantastic writing style! Rachael Bermingham, Author, Speaker and Publisher at Bermingham Books Megan Dalla-Camina has just made my job a whole lot easier with her book *Getting Real About Having It All*. As a GP and Family Physician, I see daily, women who are overwhelmed by their life. Instead of being able to enjoy what they have achieved, they feel pressured and irritable. By putting into practice Ms Dalla-Camina's suggestions, they will cut themselves some slack, enjoy their lives and accept that they are not going to be given a gold medal for trying to be everything to everyone. They will feel happier! This book has been a long time coming and I look forward to recommending it. Rosa C Criniti, MB BS (Hons), UNSW, FRACGP Simply being brilliant at your job is no longer enough. If you want to reach for the stars, you need to get real about being a working woman. This is the handbook that will change everything; Megan has nailed it. Rebel Talbert Funny, frank and insightful this book will help you to dust down expectations, shake off pressures and claim your right to sparkle! A practical road map to living a life you love on your own terms; it's the breath of fresh thinking that you've been longing for. Megan's ability to walk her own talk shines through every page as her story of highs and lows unfolds restoring hope to us all. Michelle McQuaid, Author Business Consultant Megan's words are as poetic and profound as they are practical. With humor and vulnerability, and a splash of sass, she guides us into every nook and cranny of our psyche so we can't run and hide from our truth anymore. She has a beautiful talent of making me feel like she is my best friend, gently empowering me to do what my intuition has not so gently been telling me to do for years. I'm gifting this book to every woman in my life that I love and care about. READ IT AND REAP ladies! About the Author Having spent close to 20 years working for large multi-national companies such as GE, PwC and IBM, Megan Dalla-Camina knows what it takes to forge a successful career in a high-pressure, male-dominated environment. She is also passionate about empowering and inspiring women in business, and is a sought after business strategist, coach and speaker on this topic internationally. Having experienced a

complete work-related burn out, only to recover and thrive, Megan is also passionate about wellbeing and, in addition to her business degrees, she holds a Masters degree in Wellness. She is also completing her PhD in gender studies researching women, leadership and power. www.megandallacamina.com