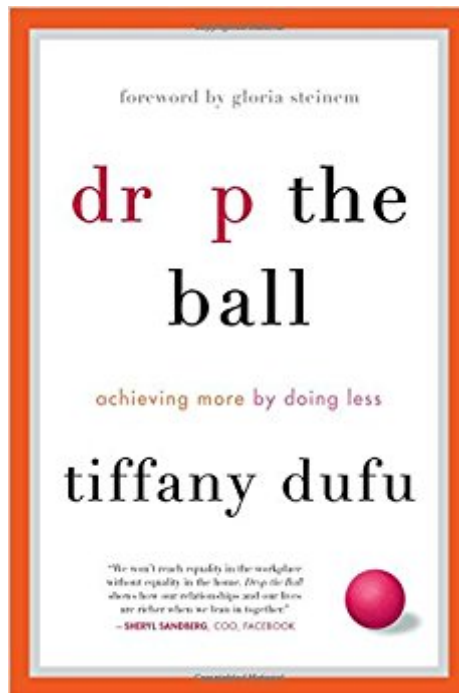




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# Drop The Ball: Achieving More By Doing Less



## Synopsis

A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

## Book Information

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## Customer Reviews

"There are two ways that a system of power stays in power. The first is obvious--unequal laws, unequal opportunity, very unequal money, and violence or the threat of violence--the second is more internal and difficult to uproot. Tiffany Dufu's *Drop the Ball* is crucial because it takes on that deeper system. She is the right author for this important moment in time. She offers actionable wisdom to pass from one woman to another, from her family to yours. She not only shows that we all gain when women become part of, contribute our talents to, and are ourselves changed by the world outside the home, but also how we will gain when men become part of, contribute their talents to, and are themselves changed by the world inside the home. We need women and men who lead by example, as Tiffany Dufu does for readers on these pages."--From the Foreword by Gloria Steinem

"We won't reach equality in the workplace without equality in the home. *Drop the Ball* shows how everyone benefits when men work towards equality -- and how our relationships and our lives are richer when we lean in together."--Sheryl Sandberg, New York Times bestselling author of *Lean In*

"If you could follow a path to a stronger marriage, a happier family, and greater economic and emotional security, would you be interested? I thought so. Tiffany Dufu's *DROP THE BALL* is that path. And she's awfully good company along the way."--Susan Cain, co-founder of Quiet Revolution and New York Times bestselling author of *QUIET: The Power of Introverts in a World That Can't Stop Talking*

"Drop the Ball is what so many women need to do but simply cannot bring themselves to. Tiffany Dufu writes with verve and wit, turning her life story into life lessons for all of us. A marvelous and instructive read!"--Anne Marie Slaughter, author of *Unfinished Business*

"Drop the Ball is a must read for all women and girls. Tiffany Dufu reminds us that we must focus on what truly matters and let go of rest. She gives us specific tools and techniques to help us achieve our goals and live authentic lives free of guilt and regret."--Reshma Saujani, Founder & CEO, Girls Who Code

"In sharing her moving personal story, Tiffany Dufu offers many practical suggestions for women to achieve their goals. But what influenced me the most about this book was the wisdom she imparts to men about how to be better partners in supporting the leadership journeys of the women in their lives. *Drop the Ball* is a refreshingly honest, remarkably inspiring read."--Adam Grant, Wharton professor and New York Times bestselling author of *Originals* and *Give and Take*

"Drop the Ball is thought-provoking, authentic storytelling. Through her sometimes painful, sometimes hilarious journey, Tiffany teaches all of us how to create meaningful lives. For women struggling with the demands of doing it all, and the men who love them, this book is refreshing and long overdue."--Mara Brock Akil, Wife, Mother, and Creator/Showrunner of *Girlfriends*, *The Game*, and *Being Mary Jane*

"Finally, a book on work/life balance that actually

answers women's questions about what the hell happens behind closed doors that works, rather than just lamenting that none of it is possible. Drop the Ball is accessible, vulnerable and optimistic."-Courtney Martin, Entrepreneur, Speaker & Author of The New Better Off: Reinventing the American Dream

"Tiffany Dufu's wise personal story offers real solutions for women who are struggling to be all things to everyone -- both at home and at work. I would have loved to have had Tiffany's warm, funny, brilliant voice in my ear when I was getting started in my career and juggling the demands of a growing family. DROP THE BALL is full of useful advice and it is an empowering manifesto for all women looking to lead balanced, happy, successful lives."--Soledad O'Brien, CEO Starfish Media and host of Matter Of Fact TV

Named to Fast Company's League of Extraordinary Women, Tiffany Dufu was a launch team member to Lean In and is Chief Leadership Officer to Levo, the fastest growing millennial professional network. She's been featured in The New York Times, ESSENCE, O, The Oprah Magazine, and on NPR. She is a consultant to Fortune 500 companies, a sought after speaker on women's leadership, and has presented at Fortune's Most Powerful Women Summit, MAKERS and TEDWomen. She earned a BA and an MA in English from the University of Washington. She lives in New York City with her husband and two children.

This is an ESSENTIAL read for all women everywhere - whether you have children or not. Tiffany's transparency and authenticity about balancing career and home life are unprecedented. As a millennial woman without any children yet, I was a little apprehensive, thinking that the book would not apply to me. However, I was blown away in the first chapter because it made me recognize all the mistakes to avoid when building my family life and career life. Tiffany has given women everywhere a framework and the tools needed to not just drop the ball, but to boldly pursue what matters most unapologetically. This book helped me prevent so many issues later down the line.

THANK YOU TIFFANY!

This book was life-changing. I first heard about it on the Good Life Project podcast and it nearly made me cry, realizing all of the ways in which I assume what my role should be, as a "good woman" and as a good family member. But as a leader, it seems I've left my skills at work, rather than engaging in the kind of team-building I am usually very good at doing in my corporate role. For all women who suffer some version of "home control disorder" this will open your eyes to new possibilities.

After getting through the first third of the book which was not that relatable to me because I'm not an obsessive perfectionist like the author, the book got better because she gave explicit information on how she changed up the division of labor in her home to kick ass in her career. I would recommend this book to other mothers with careers and the partners that are supporting them, but I would not want to read this book if I were not one of those two categories of people.

Where do I begin with Tiffany Dufu? All I can say is that I am so GLAD she took the time out to write this book. She really has a special way of writing, and i mean that in a good way. It is more than just a book, it is a couple's therapy session along with a women confidence booster. Tiffany makes you feel like you can really do anything as a woman, without really doing everything. As a person who often takes on alot just to please others, often putting others needs before my own, stressed about how I would maintain an ambitious career, along with being a future superb wife and mom, I could see myself becoming very stressed early on. She completely changed my perspective on the HOW to let go, without the sacrificing of SELF. She is raw, she is authentic, honest, and speaks on real shit that many women just don't speak off, either suppressing it out of fear of being judged or conditioned to believe that they just shouldn't think that way. Tiffany shines light on undisclosed issues the modern working woman faces, along with trying to keep a lifestyle where they feel free to embrace who they are, without being looked down at for not being the best wife or mom. Tiffany Dufu, hats off to you for the movement you have brought to light! I honor you queen

4/5 only because so much of this is written from a parent's perspective, and I'm not a parent. BUT all of Tiffany's tactics are absolutely incredible and applicable to anyone. The clarity she has is inspirational, yet she makes it feel so achievable. Super honest, thoughtful and thought-provoking. Highly recommend to those who may feel overwhelmed, stressed, bitter or just feel "stuck".

I expected a lot more out of this book. Maybe I can't relate to the author because I'm not as OCD as she is, but something about the authors voice felt forced - almost as if she was admitting to some failures, but not exactly giving the whole story. This book comes so close to being great, but it just isn't. The forward by Gloria Steinem is by far the best part, you could really just read that and stop there.

I highly recommend this book. A must read. I had a hard time putting it down. While the book spoke

mostly to women with children (which I do not have), I still found valuable information that I could apply to my own life. Be sure to have your highlighter ready for this one.

The manual on how to mom and work and wife without going insane. Brilliant book - a must-read for working moms in relationships with men.

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