



Nice Girls Just Don't Get It!

by Lois P. Frankel and Carol
Frohlinger



I liked the title more than the book. As a women's studies co-major in undergraduate studies, I like the challenge for women to understand that their passive and deferential ways often do not get them what they want/need.

This does not suggest that women have to be aggressive in order to get their needs met, but it does make the case for being assertive. Terms and words such as "inform," "stop overextending," "set boundaries," "persuade," "firmly," and "no" are some of the strategies offered. Clearly, women overextend themselves often for others. The book may make the point of nice girls not getting for themselves. ~**Dr. Michele Winchester-Vega**



I enjoyed the book. I like the breakdown of the specific tactics to use in order to achieve one's goals. I would recommend this book to anyone struggling to find her voice.

I often talk about envisioning your future with clients, so I really connected with the strategy: Evaluate the past and envision your future. Often people become overwhelmed with change, thus the quote "The journey of a thousand miles begins with one step" (Lao-Tzu). I also like the quote "Courage does not always roar; sometimes it is in a quiet voice that says, I'll try again tomorrow." ~ **Dianna Chillo**



As a seasoned life learner and therapist who loves to read, I enjoyed the book. I found the strategies easy to read and follow. While it is one of many "how to" books on coaching, it is perfect for anyone needing a refresher.

I found the section "Create Family Boundaries" useful for the reader who usually doesn't read self-help-type books. This section one can determine how open or closed you are to change. I particularly liked the way the authors closed each chapter with "Make It Work for You."

The final strategy spoke to me: "Live your values" by creating tactics that assert your legacy. Let's go, women!
~**Diane Light-Spiro**



This book is definitely a good read. The self-assessment in the beginning of the book provides valuable insight for women to identify areas for improvement. The self-assessment might surprise you in suggesting areas of unresolved issues, as it surprised me.

I feel that the book is a good read for women in their 20s, just beginning their work life, and women in their 60s, who are realizing that their relationships are not what they want them to be. I recommend this book to any women interested in self-exploration or those who find their relationships lacking. ~**Susan McVey**



I had mixed feelings about this book. I like the intention of the authors to help women who are often victimized, unappreciated or exploited by others when all they are trying to gain is likability. I also appreciated the specific strategies and suggestions provided and how it covered broad aspects of life.

However, I feel the authors minimized the ability it takes for a woman to no longer be a "nice girl." Someone's childhood and past write the script for their personality, and I don't feel the book did a good job identifying this. ~**Victoria Sullivan**



I liked the book and have used several of the examples in my work with clients who need help with understanding more about self-assertiveness. I think the book makes the point about how our need to take care of others and be liked by others may interfere with what we need in life.

Boundaries are essential in all relationships, including within families. The book offers strategies and encourages women to use them in order to bring about change in their lives. ~**Suzanne Vizethann**