

LUNA JIMÉNEZ SEMINARS & ASSOCIATES

Personal Transformation
Social Justice
Organizational Change

ABOUT US
SEMINARS
FACILITATION
SPEAKING
COACHING
CALENDAR
CONTACT



Our latest Hot Links take you to websites that offer dynamic information about the latest in the realm of facilitation, leadership development, cultural diversity, and social action. Do you have a Hot Link to share? Send us your favorite websites and we'll include them in a future LJS newsletter!



Flowthefilm.com

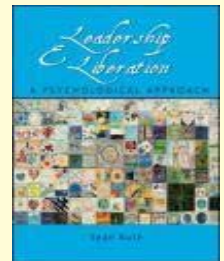
FLOW: For Love of Water is a timely documentary that uncovers how our diminishing supply of clean, viable water is quickly becoming a global crisis. While science and technology can create alternative supplies of energy, there is no substitute for water. This website offers clips of this award winning film and a schedule of public screenings. Please visit the [website](http://Flowthefilm.com) to learn more about how you can impact the future of our most valuable natural resource.

BOOK REVIEWS

Leadership and Liberation: A Psychological Approach

by Sean Ruth

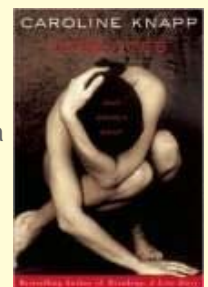
Surrounded by a sea of books that focus on the personality traits of effective leadership, Sean Ruth's **Leadership and Liberation** stands out for its attention to the role of the leader and the specific actions that make up the process of leading successfully. An organizational psychologist and university scholar, Ruth strikes a welcome balance between the academic and the practical. Each chapter begins with easy to follow overviews and ends with the author's personal reflections. In the first half of the book, Ruth outlines the tasks of leadership before delving into the characteristics of influential leaders. In his research, Ruth discovered that, "the very simple process of one person empathizing with, or more simply, thinking clearly about someone else," was the common trait found across all successful leaders. This ability to form relationships grounded in deep listening provides a safe foundation to move forward with more complex leadership challenges. Later in the book, Ruth discusses how specific challenges, such as oppression and prejudice, impact behavior in the workplace. His exploration of leadership within the context of internalized oppression makes this book a new favorite in the LJS library and one that is consistent with the frameworks used in our *Transformational Leadership* seminar.



Appetites: Why Women Want

by Caroline Knapp

Appetites uses the metaphor of one woman's struggle with anorexia to offer a sharp commentary on how social and economic forces shape the expression of female appetites. Caroline Knapp invites the reader to join her on an emotional journey to a time in her life when she and her peers faced unprecedented freedom and seemingly limitless options in their personal and professional lives as young, white American women coming of age in the late 1970s and 1980s. "Freedom...is not the same as power; the ability to make choices can feel unsettling and impermanent and thin if it's not girded somehow with the heft of real economic and political strength." The cultural shift to a tyranny of thinness coincided with the shift in women's roles—into domains previously and almost exclusively inhabited by





Sparksf.org

Founded in 2004, Spark began as an organization for young professional women in the Bay Area who wanted to support grassroots campaigns for women worldwide. Since its beginning, Spark has brought together over 3,000 professional women and raised \$250,000 for programs in countries such as Rwanda, Mexico, and Afghanistan. Click [here](#) to find out how you can join this network of women striving to spark change for their sisters around the world.

Do you have a Hot Link for us? Send us your favorite Web sites, and we'll share them with the LJS community in a future newsletter!

men. "At a time when increasing numbers of women were demanding the right to take up more space in the world, it is no surprise that they'd be hit with the opposite message from a culture that was (and still is) both male-dominated and deeply committed to its traditional power structures. Women get psychically larger, and they're told to grow physically smaller." Knapp describes a contradiction many encounter: while women appear to have more autonomy in creating their lives, they are still bombarded with pervasive messages about how to want in socially acceptable ways. Women are continually told to deny and suppress any appetite that they or others might see as too large. Knapp writes, "Long before I began to flirt with starving...I suspect I'd learned a good deal about curbing appetites, disguising them, molding them into acceptable shapes and forms."

In the pages of this powerful book, the reader rides alongside Knapp as she learns to live and want fully in the world, nourishing each aspect of herself. She uses her individual journey as a way to connect with other women and their desire to break free from society's insistence that women should want and be less while experiencing both real and perceived access to more aspects of society. While it's common to think of eating disorders as being about food, Knapp offers a broader perspective of appetite that encompasses love, self-acceptance, self expression, and growth. She writes, "Anxiety about caloric intake and body size were merely threads in a much larger tapestry of feeling that had to do with female self-worth and power and identity."

www.lunajimenezseminars.com