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FOR IMMEDIATE RELEASE

THE EVERY WOMAN'S GUIDE TO EQUALITY

by Carlynne McDonnell

Publisher: Change In Our Lifetime Press

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NEW BOOK CALLS FOR REAL CHANGE IN WOMEN'S EQUALITY

"A passionate, well-intentioned exploration of the fight for women's equality, the barriers to achieving it, and strategies for working toward it."

– Kirkus Review

At a time when women have begun to seize new opportunities and knock down all kinds of barriers, there is still much work that needs to be done. Carlynne McDonnell, author of **THE EVERY WOMAN'S GUIDE TO EQUALITY**, calls for women to seize the moment and advocate for change, to ensure that women's equality happens within our lifetime.

In **THE EVERY WOMAN'S GUIDE TO EQUALITY**, McDonnell takes women to task, telling them, "we can no longer leave this up to the next generation to fix." She encourages readers not to ever settle for the status quo, and tackles some of the key challenges women face today, including:

* **Respect** – Society has become inured to negative speech about women, and inappropriate behavior towards females.

* **Healthcare Bias** – Our healthcare system treats women as less equal than men in how medical care is provided, including access to care, gaps in funding, as well as exclusion in drug-testing trials and research.

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* **Workplace Inequality** – The glass ceiling still exists, as do workplace issues like discrimination, sexual harassment, and pay inequality.

* **Violence Against Women** – Both domestic abuse and rape continue to be widespread and our governments, police departments, judicial systems, colleges, and universities need to do a better job to ensure that women are protected.

McDonnell includes suggestions for ways women can become individually empowered. She says, “Real change for women can only be achieved with hard work, vigilance, and the commitment that their capabilities are limitless. We will forever remain unequal if we do not stand together and commit to real change in our lifetime.”

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ABOUT THE AUTHOR

Carlyne McDonnell has a Master's in Public Policy and has been working in the corporate, education and non-profit worlds for over 30 years. She is also founder of the nonprofit Change in Our Lifetime, which is dedicated to achieving equality for women. She has presented workshops and keynotes on women's equality, leadership development, organizational strategy on the national and local level with women's organizations, college and universities and for the United States Marine Corps. To learn more, visit <http://www.everywomansguidetoequality.com>.