



Female-Friendly Resource Guide

The following are female-friendly resources categorized by topic.

These books, organizations, and online resources provide useful information for women in transition.



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Source: How to Give Financial Advice to Women, by Kathleen Burns Kingsbury.

Business

Books

Ask for It

By Linda Babcock and Sara Laschever

This book teaches readers why negotiation is challenging for women and offers a four-phase program, backed by years of research, on how to identify what you're really worth and develop a strategy to make the money you deserve.

Knowing Your Value: Women, Money and Getting What You're Worth

By Mika Brzezinski

This book provides an in-depth look at how women today achieve their deserved recognition and financial worth. Through interviews of prominent women and men, Brzezinski reveals why women are paid less and the pitfalls women face when trying to get their worth at work while trying to move up in their field.

Women in Family Business: What Keeps You Up at Night?

By Patricia M. Annino, Thomas Davidow, Lisbeth Davidow, and Cynthia Adams Harrison

The authors, well-known experts in the field, address the psychological, relational, and financial issues impacting women in family-owned businesses.

Organizations

Center for Women's Business Research

<http://www.womenbusinessresearchcenter.org>

The Center for Women's Business Research provides rigorous data-driven knowledge that advances the economic, social and political impact of women business owners and their enterprises.

The National Association of Women Business Owners (NAWBO)

<http://www.nawbo.org>

This organization is a resource for propelling women business owners into greater economic, social and political spheres worldwide. NAWBO prides itself on being a global beacon for influence, ingenuity, and action and is uniquely positioned to provide incisive commentary on issues of importance to women business owners.

Financial Confidence & Education

Books

Money Shy to Money Sure: A Woman's Road Map to Financial Well-Being

By Olivia Mellan and Sherry Christie

The authors of this book analyze the seven most common myths that hamper women when dealing with money and then counter those misconceptions with positive messages based on facts.

On My Own Two Feet: A Modern Girl's Guide To Personal Finance

By Manisha Thakor and Sharon Kedar

Through the use of their financial planning experience, Thakor and Kedar teach young women what they need to know about saving and investing in language that is user-friendly.

Prince Charming Isn't Coming, Revised Edition

By Barbara Stanny

When this groundbreaking yet compassionate book was first published 10 years ago, it lifted a veil on women's resistance to managing their money, revealing that many were still waiting for a prince to rescue them financially. In this revised edition, which reflects our present day economic world, the author inspires readers to take charge of their money and their lives.

The Secrets of Six-Figure Women

By Barbara Stanny

This book explores the traits of financially successful women and offers practical guidance to those women who aspire to increase their wealth.

Women's Worth: Finding Your Financial Confidence

By Eleanor Blayney

This book offers information and practical advice about the fundamentals of financial planning and how to increase financial confidence.

Online Resources

Daily Worth

<http://www.dailyworth.com>

This website provides women with a community to discuss money and offers practical and empowering ideas for approaching personal finances.

Directions for Women

<http://www.DirectionsforWomen.com>

This website was created by author Eleanor Blayney, a CFP dedicated to providing resources to improve and broaden financial advisor's outreach to women as well as to offer information so female consumers can make better financial decisions.

LearnVest

<http://www.LearnVest.com>

This website's mission is to empower women everywhere to take control of their personal finances so that they can afford their dreams. The website has various tools to women take action in this area.

The Women's Institute for Financial Education

<http://www.wife.org>

This is the oldest nonprofit organization dedicated to providing financial education to women in their quest for financial independence.

Financial Psychology

Books

Creating Wealth from the Inside Out Workbook and Audio Program

By Kathleen Burns Kingsbury

This workbook offers practical information and activities to help women change how they think and feel about money. Companion audio is narrated by the author and is a great introduction to the concepts in the workbook.

The Financial Wisdom of Ebenezer Scrooge

By Rick Kahler, Brad Klontz and Ted Klontz

This book is easy to read and is written for the layperson. The authors show you how to recognize ways that unconscious money scripts may keep you trapped, how to deal with the relationship between your net worth and you- self worth, and how to leave a family legacy of financial wellness.

Your Money Style: The Nine Attitudes to Money and How They Affect Happiness, Love, Work and Family.

By Olivia Mellan

An innovative program developed by the author to help individuals and couples resolve their money conflicts, this book teaches you how to gain insight into your own money style by evaluating the impact of childhood experiences on your current money attitudes and behaviors.

Organizations

Financial Therapy Association

[Http://www.financialtherapyassociation.org](http://www.financialtherapyassociation.org)

This is the first not-for-profit organization dedicated to discussing and researching the cognitive, emotional, behavioral, relational and economic aspects of financial health. There is a forum for researchers, practitioners, the media, and policymakers to share research and practice methods and models of financial therapy. The organization hosts an annual conference and a publication titled *The Journal of Financial Therapy*.

Intergenerational and Family Wealth

Books

Wealth in Families

By Charles W. Collier

This is a very readable book written by a prominent wealth consultant for high net-worth families, which provides advice on preserving good money skills across generations.

What If...Workbook

By Gwen Morgan

Created to serve as a comprehensive guide, this book assists individuals and families who are putting together their personal affairs and final wishes. It is a great tool for opening communication among family members.

Organizations

Family Firm Institute

<http://www.ffi.org>

The Family Firm Institute is the leading membership association worldwide for professionals who service the family enterprise field. The website has a list of local chapters, online resources, and articles, and a listing of professionals specializing in working with affluent families.

Marketing

Books

Why She Buys: The New Strategy for Reaching the World's Most Powerful Consumers

By: Bridget Brennan

Brennan offers very practical advice, based on her expertise in marketing and advertising, for marketing and selling successfully to women.

Marketing to Women: How to Understand, Reach, and Increase Your Share of the World's Largest Market Segment.

By Marti Barletta

This book shows why the women's market is the fastest track to strong business results in today's extraordinarily competitive environment and an increasingly important and powerful market segment which companies cannot afford to ignore.

What Women Want: The Global Market Turns Female Friendly

By Paco Underhill

Underhill offers a tour of the world's marketplace – with shrewd observations and practical applications to help everybody adapt to the new realities. He reports on the growing importance of women in everybody's marketplace – what makes a package, product, space or service female friendly.

Mental Health

Books

To Buy or Not to Buy: Why We Overshop and How to Stop

By April Lane Benson

Drawing on recent research and on decades of working with overshoppers, Dr. April Benson brings together key insights with practical strategies in a powerful program to help clients stop overspending.

Mind Over Money: Overcoming the Money Disorders That Threaten Our Financial Health

By Brad Klontz and Ted Klontz

The authors look at why we overspend, undersave, and have anxiety around money. The reader learns to recognize negative and self-defeating patterns of thinking, and replace them with better, healthier ones that ultimately result in a better relationship with money and wealth.

Online Resources

Shopaholic No More

<http://www.shopaholicnomore.com>

Sponsored by April Lane Benson, PhD, author and expert on compulsive shopping, this website provides help and support for clients, training for professionals, and advocacy against overconsumption.

The Real Dope on Dealing with an Addict

<http://www.dealingwithanaddict.com>

This website is a companion to a book by the same name. It is a resource to help families with addiction find treatment and reclaim their lives. The site includes coaching exercises, a community forum, and a blog with the latest information and resources for addicts and their loved ones.

Organizations

Multiservice Eating Disorders Association (MEDA)

<http://www.medainc.org>

This is a nonprofit organization dedicated to the prevention and treatment of eating disorders. The website has information for clients and families on treatment as well as educational and support groups.

National Eating Disorders Association (NEDA)

<http://www.nationaleatingdisorders.org>

This is a nonprofit organization dedicated to assisting individuals and families affected by eating disorders. The organization sponsors the National Eating Disorders Awareness Week each year and serves as a catalyst for prevention, cures, and access to quality care.

Parenting Affluent Children

Books

Raised for Richness: Teach Kids Money Skills for Life

By Karen Hodgens

Hodgens shows parents how to get kids thinking beyond their piggy banks in order to have meaningful dialogue about issues related to money and illustrates how to empower kids as young as six to be in charge of their money.

Raising Financially Fit Kids

By Joline Godfrey

Providing a developmental map that covers 10 specific money skills, this book teaches children to master these skills by the time they reach age 18 and to become financially secure adults. The map gives parents a step-by-step approach to helping their kids become habitual savers, smart money managers, and responsible decision makers.

Raising an Emotionally Intelligent Child

By John Gottman

This book teaches parents how to help their children regulate their emotional world and develop emotional intelligence.

Organizations

Independent Means Inc.

<http://www.galloconsulting.com>

Independent Means is the national leader in providing financial education for children of high net worth families. The goal of all the programs is to teach the next generation how to be financially self reliant while living a life of purpose and passion.

The Gallo Consulting Group

<http://www.galloconsulting.com>

This consulting group was founded by the husband and wife authors, Eileen and Jon Gallo, of the book *Silver Spoon Kids: How Successful Parents Raise Responsible Children*. They offer a blog, training, and workshops on how to create financially intelligent families.

Philanthropy

Organizations

Catalytic Women

<http://www.catalyticwomen.com>

This organization harnesses the economic power of thoughtful, intelligent women who give to our communities. It brings philanthropy professionals together who bring practical experience to helping individuals give wisely and with maximum impact. The programs included are: monthly speaking programs, an extensive online library on giving, online forums, and list serves and philanthropic consulting.

Women Philanthropy Institute (WPI)

<http://wwwphilanthropy.iupui.edu/womensphilanthropyinstitute/>

WPI is part of the Center of Philanthropy at Indiana University. The center provides a continuum of research-based educational services to inform donors, fund raiser, institutions, and other constituencies about women's philanthropy and to develop best practices.

The Center on Wealth and Philanthropy (CWP) at Boston College

<http://www.bc.edu/research/cwp/>

This multidisciplinary research center specializes in the study of spirituality, wealth, philanthropy, and other aspects of cultural life in an age of affluence. Founded in 1970, CWP is a recognized authority on the relationship between economic wherewithal and philanthropy, the motivations for charitable involvement, and the underlying meaning and practice of care.

Women in Transition

Books

ABCs of Divorce for Women

By Carol Ann Wilson and Ginita Wall

This book is cowritten by a CFP and a CPA. It teaches the reader what she needs to know to manage the changes in life before, during and after divorce.

Moving Forward on Your Own: A Financial Guidebook for Widows

By Kathleen Rehl, PhD, CFP

This practical workbook helps widows be more confident, knowledgeable, and secure about their money matters during this transition.

On Grief and Grieving Finding the Meaning of Grief Through the Five Stages of Loss

By Elizabeth Kubler-Ross and David Kessler

By the author of the classic book *On Death and Dying*, this follow up book offers practical advice and inspiration for grieving clients.