

Feminist Gloria Steinem's latest book concentrates on self-esteem

by Nina Kolunovsky

Gloria Steinem's first book, *Outrageous Acts and Everyday Rebellions*, was, for many of us, a revelation. Based on short biographical vignettes and readily-available facts, Steinem described women's place in society, explaining how we got where we were and offering advice on how we could effect change. What's more, she did it simply and gracefully, without being either overly emotional or too removed.

Outrageous Acts stands with the writings of Simone de Beauvoir and Betty Friedan as one of the cornerstones of the modern women's movement. Steinem's new book, *Revolution from Within*, while covering new topics, also has the benefit of her wonderful style and insight.

The book is an autobiographical story of coming to grips with childhood traumas and aging, as well as discovering the importance of self-esteem. It's different from most self-help books, though, because Steinem doesn't force the reader to follow her religiously; she has developed her own method of dealing with life, describing it for those who are interested.

Steinem's book blends yoga, meditation and the teachings of John Bradshaw (author of *Healing your Inner Child*) and Alice Miller (psychologist and author of many books on the influence of childhood experiences on adult behaviour).

During the question period after Steinem's Toronto lecture last month, a young woman stood up and asked her what she thought about "pro-life feminists." She was greeted with almost unanimous hissing and booing. When Steinem responded that she considered herself a pro-life feminist (because no one should be forced to have an abortion she doesn't want), the crowd cheered.

This typifies a problem with many people today — they are too easily led into supporting one philosophy over another without much thought. This, perhaps, is also a self-esteem problem, with people not trusting their own views enough. Steinem wrote her book remembering that we should "try not to educate, but to act on our beliefs." That's why the book is such an enjoyable experience: it doesn't say, "This is what you must do," but "This is what I did, and this is what happened."

The self-help part of the book is enhanced by the less personal, more philosophical chapters. This includes

BOOK

Revolution From Within
 written by Gloria Steinem
 published by Little, Brown
 377 pages, \$27.95

many short stories about celebrities ranging from Mahatma Gandhi to Alice Walker. A lot of the stories also involve people Steinem has met in her many years of lecturing and organising, such as the militant 50 year-old lesbian feminist, or the prostitute who became a lawyer. These stories are told humorously and almost incidentally, but they prove the importance of self-acceptance and self-respect for everyone's well-being.

Some sections of the book, such as the one on aging, may not be relevant to many university students. The

chapter on love and romance, however, cannot fail to appeal to almost everybody. While it describes many of her own romances, it also includes many original ideas, which, like a lot of her writing, seem obvious after she's pointed them out.

It also includes some fascinating interpretations of *Wuthering Heights*, by Emily Bronte, and *Jane Eyre*, by Charlotte Bronte, as well as interesting insight into the sisters' lives.

I had to suspend my disbelief somewhat while I read about Gloria Steinem's meetings with her "inner child" and the walks down the memory lane they took together. But aside from those fairly unobtrusive sections, the book well accomplishes its purpose — showing how the combination of inner change and outer awareness can help us all grow and develop.



WELCOME TO THE BUSINESS WORLD. DO YOU HAVE YOUR CMA DESIGNATION?

As a university business student, you're aware of some of the challenges that may cross your path in your chosen profession. It won't always be easy. And you'll need more than your wits — you'll need the CMA designation to succeed. Certified Management Accountants are trained to develop a distinctive competence in management knowledge, skills and practice. Graduates

of the two-year CMA Professional Program hold a designation that is much valued and richly rewarded in today's business world. Give yourself a competitive edge in the marketplace. Enroll in the CMA Program. Call the Society of Management Accountants of Ontario at (416) 977-7741 or phone toll free 1-800-387-2932.

CMA

Certified Management Accountant

The Society of Management Accountants of Ontario

70 University Avenue, Suite 300, Toronto, Ontario M5J 2M4 (416) 977-7741

To everybody who wrote:
 thanks.

To everybody who didn't:
 there's always next year.



Excalibur arts —
 don't ask