



# women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

At last summer is upon us! For me, summer allows for some time to slow down, reflect, pause and assess. Recently, in an effort to reduce my overcommitments of past years, I've been working on intentionality with the network groups I've been involved with. Many of you are holding me accountable to this goal, and I'm so appreciative of that!

Let's focus our reflection this month on the power of our network. From the *Harvard Business Review* January 18, 2013 "The power of your network is one of the biggest asset in anyone's life... if it is a generous network. It is a gift that grows just by sharing it. Think of it as the law of accelerating returns." Love this!

From Forbes January 6, 2021 "Power networks energize your career and life. "

Since this group is women, wealth, and wellness, let's reflect on how your network is bringing wealth and wellness into your life.

Here are the top-rated books for the power of networking:

*Best Overall:* How To Win Friends And Influence People

*Most Straightforward:* Never Eat Alone

*Best Textbook:* The 20-Minute Networking Meeting

*Most Unique:* The No Asshole Rule

*Best Mythbusting:* The Charisma Myth

*Best for Building Relationships:* Superconnector

Let us know if you have read any of these and your takeaway from them!

When you have a few minutes, check out this [Ted Talk](#) on meaningful networking.



## Reflections:

1. Reflect on the top women in your network.
2. How is your network helping your wealth and wellness?

Take care of yourself,  
Elaine

Let's get together and discuss over wine!  
Hope to see you on June 30 as we gather for a wine tasting at BIN 201 and to share some insights about meaningful networking. I'll send more information to sign up as soon as it's available.