

## The Seven Aspects of Sisterhood: Empowering Women through Self-Discovery

**Debra J. Gawrych**

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“Sisterhood not only describes the relationship a woman shares with other women, but also the relationship she has with herself.” This self-development book helps women as individuals, in relationships, and in the workplace to create harmony and success through the understanding of seven aspects of personality types.

The author, speaking in first person, methodically evolves a psychological awareness system for women. Her experience with corporations, nonprofits, and communications gives weight to her sound advice and techniques. Gawrych has an MBA and degrees in speech pathology and psychology. She founded Common Boundaries, a company that develops communications through self-awareness.

The Seven Aspects Method describes seven symbolic personality archetypes: Warrior, King, Priest, Server, Artisan, Storyteller, and Scholar, and how they predominate in every woman. The characteristics are simply outlined and women will find it easy to recognize themselves and other people they know and relate to.

The first chapter involves the reader immediately in her own Primary, Second, and Third (Tertiary) Aspects with quick answers to the “Self-Identification Test.” This fosters a personal interest in the following chapters that include an in-depth focus on each aspect, positive/negative characteristics, stumbling blocks, goals, life tasks, and conflict resolution.

The author explains that “an individual is a ‘sisterhood’ of three aspects, and all aspects are equally important. For example: A King-Artisan-Scholar would be someone who loves to be in a position of authority, is artistic by nature (perhaps expresses this as a hobby rather than as a profession), but who is a rational, intelligent thinker.”

The book is liberally sprinkled with poetry, quotes, exercises, sources for reading, tests, boxed information, and the inclusion of famous (and infamous) names for each aspect variation, i.e., Madonna is a King-Artisan-Storyteller, while Mother Teresa was a Server-Priest-King. It also offers extensive backmatter that consists of endnotes, bibliography, and a thorough index.

By changing within, Gawrych says women can empower and change all women as a community. Using this material as a guidebook for workplaces and other groups of people that want to be more productive, improve communication, relieve stress, and simply grow, qualifies it as a basic, yet effective self-improvement tool.

AIMÉ MERIZON (January / February 2002)

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