

Self Care PDF (Limited Copy)

Leigh Stein



More Free Book



Scan to Download

Self Care Summary

"Navigating Modern Wellness in a Digital World."

Written by Books1

More Free Book



Scan to Download

About the book

In **Self Care** by Leigh Stein, the spotlight shines brightly on the digital age's paradox of wellness and worth: a satirical, yet stirring critique of the elusive mirror we face in our curated lifestyles online. Navigating through the lives of two ambitious women at the helm of a wellness startup, Stein humorously dissects the millennial pursuit of perfection, emphasizing the incessant pressure and hypocrisy flourishing amidst hashtags of empowerment and self-improvement. With a sharp eye for contemporary culture and an understanding of the fragile interplay between genuine connection and surface-level engagement, Stein crafts a narrative that resonates with anyone who's ever felt the tug to perform, rather than just **be.** If you've ever questioned the authenticity of virtue-signaling on social media or pondered the boundaries of self-care, this book is your invitation to explore a world where the personal meets the political in unexpected and compelling ways.

More Free Book



Scan to Download

About the author

Leigh Stein has carved out a unique niche in contemporary literature, bridging the spheres of satire, social commentary, and feminism with remarkable eloquence and wit. Renowned for her foray into themes like digital culture, identity, and the pressures surrounding modern-day womanhood, Stein's narrative prowess is a testament to her versatile literary skill. An accomplished author with several acclaimed works to her name, including poetical narratives and prose, Stein's ability to navigate complex topics with humor and insight has garnered her a distinctive voice within the cultural landscape. Beyond her bestselling novels and essays, she is also recognized for her candid reflections and engaging public speaking endeavors, which further underscore her dedication to unpacking the nuances of 21st-century societal dynamics.

More Free Book



Scan to Download



Try Bookey App to read 1000+ summary of world best books

Unlock **1000+** Titles, **80+** Topics

New titles added every week

- Brand
- Leadership & Collaboration
- Time Management
- Relationship & Communication
- Business Strategy
- Creativity
- Public
- Money & Investing
- Know Yourself
- Positive Psychology
- Entrepreneurship
- World History
- Parent-Child Communication
- Self-care
- Mind & Spirituality

Insights of world best books



Free Trial with Bookey



Summary Content List

Chapter 1: Maren

Chapter 2: Devin

Chapter 3: Maren

Chapter 4: Khadijah

Chapter 5: Maren

Chapter 6: Devin

Chapter 7: Maren

Chapter 8: Devin

Chapter 9: Khadijah

Chapter 10: Khadijah

Chapter 11: Devin

Chapter 12: Maren

Chapter 13: Devin

Chapter 14: Maren

Chapter 15: Khadijah

Chapter 16: Devin

More Free Book



Scan to Download

Chapter 17: Maren

More Free Book



Scan to Download

Chapter 1 Summary: Maren

In this chapter, the story unfolds from the perspective of Maren Gelb, a co-founder of Richual, a social networking platform exclusively for women focused on self-care and empowerment. After a long day at the office, Maren is found by her business partner Devin Avery consuming wine and immersing herself in the negative responses pouring in from the internet. Earlier, Maren had posted a controversial tweet, intended perhaps as a joke or venting of frustration, that attracted widespread criticism and made headlines, especially from right-wing factions. This tweet referred indirectly to a family member of the President of the United States, which resulted in attacks from online trolls and extensive media coverage.

Amidst the chaos, Devin arrives, suggesting Maren unplug from the cycle of online negativity. Devin is presented as the more composed and brand-friendly face of Richual – embodying the aspirational lifestyle the platform promotes. Richual itself offers a digital haven for women to track wellness habits and find a sense of community away from patriarchal pressures, monetizing solutions to personal and societal pain through various wellness products. Devin, being its physical embodiment, shields Maren from the storm she's stirred on social media.

Their platform sees a surge in engagement as a result of the controversy, attracting women who rally around Maren in the face of right-wing



aggression. Despite the negativity, Maren sees potential growth in Richual’s user base from the incident, framing the narrative as one where adversity fuels solidarity and usership.

To manage the fallout, Richual releases a public statement. It conveys regret over Maren's tweet but repositions it as intended “dark humor,” drawing on comparisons to comedic figures like Melissa McCarthy. The statement underscores Richual’s commitment to inclusivity and community, quoting Audre Lorde on self-preservation as an act of political warfare, albeit framed as a personal journey.

The chapter closes on the tenuous balance of Maren's personal turmoil with the business opportunity her controversy inadvertently creates, plotting a course for future development in the story of Richual’s growth and Maren’s personal redemption.

Section	Summary
Introduction	Maren Gelb, co-founder of the self-care platform Richual, deals with backlash after posting a controversial tweet.
Maren's Perspective	Maren is overwhelmed by the negative online reactions, especially from right-wing media.
Devin's Role	Devin Avery, Maren's business partner, suggests stepping back from the negativity and remains the composed face of Richual.
Richual Platform	Richual is a social networking site promoting wellness and self-care for women.

Section	Summary
Controversy Impact	The controversy increases the platform's engagement, as women support Maren against right-wing backlash.
Company Response	Richual releases a statement framing the tweet as "dark humor" and reinforces its commitment to inclusivity.
Conclusion	The chapter concludes with the balance between Maren's personal chaos and the business growth opportunity.

More Free Book



Scan to Download

Chapter 2 Summary: Devin

In this chapter, we explore the complexities of managing professional relationships and personal dynamics within a startup. The story unfolds with a focus on Maren, a character who inadvertently violates her company's culture by tweeting something controversial. This act is against the values held by Richual, a startup she is associated with, which emphasizes support for women and careful self-awareness in the digital age.

Maren is depicted as someone struggling with self-care, despite being in an environment that promotes it. The narrator recounts their first encounter at a solopreneurs retreat, where Maren was recognized as a scholarship recipient with potential but lacking resources. The narrator, motivated to mentor her, helps Maren transform her charity's website to appeal more to potential donors. This interaction reveals Maren's willingness to adapt and be guided, although it highlights the pressure she feels to succeed in a nonprofit world that underappreciates her.

As the chapter progresses, the vision of expanding beyond a single charity into a larger enterprise with Maren is discussed. The idea of two young women starting a company becomes a tantalizing prospect, with potential media attention imagined. The workspace envisioned is open, transparent, and infused with the aesthetic branding favored by the company.



Back in the present, the narrator notes the impact of Maren's absence due to forced time off, reflected in a calmer office atmosphere. The narrative shifts towards the execution of content plans with Khadijah, another central character responsible for managing the startup's editorial strategy. The details of a morning routine aimed at connecting emotionally with the audience are meticulously crafted, highlighting the careful measurement of engagement metrics.

Throughout the narrative, subtle undercurrents of privilege, diversity, and authenticity are explored. Maren's dedication is juxtaposed against the narrator's awareness of her own privilege and the need to include diverse voices in their venture. Interactions with Khadijah expose the ambiguous discomfort the narrator feels about race while trying to commend her work.

Despite these tensions, the narrator exhibits care for Maren, recognizing signs of burnout. The chapter concludes with the narrator contemplating ways to help Maren recover, including planning a detox retreat at a friend's house, which underscores the interwoven nature of personal and professional lives in the startup culture.

Key Topic	Description
Managing Professional Relationships	The chapter discusses the complexity of handling relationships within a startup, focusing on Maren's character.

Key Topic	Description
Character: Maren	Maren accidentally violates company culture via a tweet, despite her struggle with self-care in that environment.
Encounter at Solopreneurs Retreat	The narrator recalls meeting Maren at a retreat, recognizing her potential and resource limitations, and deciding to mentor her.
Website Transformation	The narrator assists Maren in revamping a charity website to attract donors, highlighting her adaptability and pressure to succeed.
Business Vision	There is a discussion of expanding the charity into a larger enterprise, envisioning a women-led company with media attention.
Present Office Atmosphere	Maren's absence due to a forced break makes the office atmosphere calmer.
Editorial Strategy Execution	Khadijah, another key character, manages startup content strategies, highlighting engagement metrics.
Themes of Privilege and Diversity	The narrative subtly explores privilege, diversity, and authenticity, with the narrator reflecting on these dynamics.
Personal and Professional Intertwining	The narrator's care for Maren is shown through concern for her burnout, planning a retreat as a recovery step.



Chapter 3 Summary: Maren

The chapter introduces Maren and Devin, two friends and business partners who are navigating the challenges of running their self-care social media startup, Richual. The narrative unfolds through Maren's perspective, revealing key aspects of her personal and professional life.

Maren is with Evan, their investor and advisor, at his luxurious penthouse. Evan is wealthy, not only from a successful cryptocurrency trading bot but also from his fame as a former contestant on *The Bachelorette*, where he made a memorable exit to protest the show's toxic masculinity. Despite his affluence and pop-culture status, Evan remains a supportive figure for Maren and Devin, having helped them significantly in their entrepreneurial journey.

Devin and Maren are preparing for meetings with venture capitalists, but Maren is exhausted and feeling the pressure to maintain a flawless image since female founders are held to higher standards. Evan offers Maren a break at his family's countryside house to recharge. He advises Maren to avoid reading negative comments about her recent tweets, which have sparked controversy.

Evan's apartment, filled with cutting-edge technology, prompts a discussion about the gender implications of virtual assistants named after women. Maren appreciates Evan's innovative spirit and his crucial role in supporting



their startup when potential female investors were dismissive. The journey to build Richual was fraught with challenges, including rejections from angel investors who failed to see the market potential for self-care as a communal platform.

Devin has been pivotal in Maren's life since they met at an entrepreneur retreat. Despite Devin's seemingly perfect exterior as an intuitive eating coach and motivational influencer, Maren suspects deeper issues, which she is keen to uncover. Maren is determined to follow through on her self-care pivot, inspired by Devin's philosophy, despite her financial struggles and Devin's privileged background.

The narrative shifts to Maren and Devin's trip to Evan's family home in the country, meant as a detox weekend away from the digital world. Maren struggles with the imposed break from social media, as she is addicted to checking reactions to her work online. As they head to the serene yet eerie countryside home, the contrast between Maren's stress and Evan's affluent world becomes even clearer.

At the house, Maren reflects on her relationship with Devin, their shared past, and the entrepreneurial journey they've embarked on together. Despite their differing financial situations and personal backgrounds, their friendship is an essential pillar in Richual's success as a rising startup. The dinner discussion reveals underlying tensions, particularly around issues of



diversity in their company and their differing approaches to social justice.

Throughout the chapter, Maren grapples with maintaining her mental health, the pressures of entrepreneurship, and the complexities of her relationship with Devin. Their bond as "more than work wives, but sisters" underscores the emotional depth within their partnership and the ongoing dance between personal and professional dynamics.

Characters	Details
Maren	Protagonist, co-founder of "Richual", dealing with pressures of startup life and personal challenges.
Devin	Maren's business partner, intuitive eating coach, motivational influencer, and accused of hiding personal issues.
Evan	Investor/advisor, wealthy ex-Bachelorette contestant, provides vital support to Richual.
Startup Challenges	Richual faces skepticism from potential investors, and the founders battle to maintain a perfect image.
Investor Dynamics	Evan's affluent persona contrasts with the female entrepreneurs' struggle.
Temporal Setting	Reflects on current events and social media dynamics impacting Maren's mental health.
Gender and Technology	Discussion about gendered virtual assistants highlights societal biases.

Characters	Details
Work-Life Balance	Maren's journey emphasizes the difficulty of managing stress and self-care in tech entrepreneurship.
Friendship Dynamics	Despite differing backgrounds, Maren and Devin's friendship is crucial to Richual's and their personal success.

More Free Book



Scan to Download

Critical Thinking

Key Point: The importance of taking a real break

Critical Interpretation: Evan suggests Maren take a retreat to his family's countryside home, away from the hustle and digital noise, to recharge both mentally and physically. This key point can inspire you to embrace the importance of occasionally unplugging and truly resting. In a world where the constant pressure to meet expectations and maintain a perfect image can be overwhelming, it becomes essential to step back and focus on your well-being. Integrating this practice into your routine is not just about escapism but about rejuvenating your mind and body, allowing you to return with renewed energy and clearer perspectives. By daring to disconnect, you can foster creativity, enhance mental clarity, and strengthen emotional resilience, which are all vital for leading a balanced and fulfilling life in today's fast-paced environment.



Chapter 4: Khadijah

Chapter Summary: Nocturnal Realizations

Khadijah, grappling with the quiet and darkness of her office, finds herself immersed in a surreal scenario involving newly hatched chicks, reflecting her underlying anxieties. Maren, her colleague, interrupts this scene with a dramatic display of stress, smashing her phone while muttering about self-care, underscoring her own struggles. Startled awake by a nightmare, Khadijah checks her heart rate on her Fitbit, and anxiety lingers in her thoughts about confronting Maren about her pregnancy and potential maternity leave.

Background and Realizations: Digital Evolution

Khadijah's journey into the digital realm began at fourteen on BlackPlanet, where an encounter sparked her interest in online communication, eventually paving the way for her career as an internet writer. She navigated online platforms, initially expressing her identity through blogs inspired by cultural icons like Erykah Badu. As the importance of self-branding grew, Khadijah created The Panopticon, gaining notoriety for critiquing the pressures on women involved in social media, resulting in her becoming a well-known

More Free Book



Scan to Download

voice in digital culture discussions. Despite her success, she recognized the limits of online identity expression and longed for authenticity beyond digital personas.

Career Transition and Personal Journey: New Chapters

While managing anxiety and her digital persona, Khadijah meets Adam, who brings spontaneity and adventure into her life. Their relationship illustrates cultural contrasts and the enchantment of experiencing New York through a personal lens. Concurrently, Khadijah contemplates a career shift as she's offered a position at Richual, a wellness startup intent on redefining self-care. Maren's proposition, promising equity and creative freedom, entices Khadijah to dream of new opportunities, contrasting deeply with her current BuzzFeed role.

Crossroads and Reflections: Choices and Possibilities

With personal and professional shifts converging, Khadijah navigates her emerging realities. She faces pregnancy with apprehension, imagining a future filled with both challenges and content possibilities. Adam plans a temporary escape to help a friend, revealing another facet of his character and life choices. Khadijah's instinct to transform her life experiences into



narrative content remains, yet she hopes to merge success with genuine self-discovery, envisioning a future where her work and personal life intertwine seamlessly within Richual's ethos.

Install Bookey App to Unlock Full Text and Audio

Free Trial with Bookey





Why Bookey is must have App for Book Lovers



30min Content

The deeper and clearer interpretation we provide, the better grasp of each title you have.



Text and Audio format

Absorb knowledge even in fragmented time.



Quiz

Check whether you have mastered what you just learned.



And more

Multiple Voices & fonts, Mind Map, Quotes, IdeaClips...

Free Trial with Bookey



Chapter 5 Summary: Maren

In this chapter, Maren and John are spending their first night in the countryside to escape the noise and stress of their Brooklyn apartment, which is located in the LaGuardia flight path. The quiet of the countryside is a stark contrast, allowing Maren to sleep deeply, undisturbed by the usual chaos of city life. John is already at work when Maren awakes, highlighting their different approaches to leisure—John buried in work, while Maren tries to appreciate their rare break.

Their getaway is a testament to the pressures of modern life, particularly in the age of social media. Maren is involved in Richual, an online platform that caters to highly curated lifestyles. The platform has two main user groups: the aspirational, who present idealized lives, and the vulnerable, who share more personal struggles. Maren contrasts these groups, noting that while influencers may receive high engagement, there's a genuine connection among those sharing deeper struggles.

Maren grapples with her own challenges, particularly with John, who is struggling financially as a freelance ghostwriter. John's income is unstable, leading him to ask Maren for financial help, highlighting the strains within their relationship. Despite his temporary success in ghostwriting, particularly after the publication of a memoir about a house-flipper turned single dad, John's true passion, a novel, remains unfinished. Maren, meanwhile, is



successful with Richual but questions the authenticity of the lives they promote.

The chapter also explores the dynamics between Maren, John, and Devin, a friend who thrives in the influencer world and serves as a liaison between influencers and advertisers. Devin is single and seemingly fulfilled by her independence, providing a contrast to Maren's traditional relationship. As they sit by a cozy hearth, Maren, John, and Devin share a rare moment of peace, marred by the ever-present undercurrents of digital connection they all seem craving.

As Maren contemplates her life's direction, the need for self-care becomes increasingly apparent. The narrative underscores the duality of Maren's online success with the desire for deeper personal fulfillment. The chapter ends with Maren bravely deciding to stay disconnected from the internet for a week, yearning for simplicity in a complex, virtual world.

However, Maren's attempt to relax is interrupted by a fluttering sound inside the house. She discovers a bird trapped in a utility closet. The situation symbolizes her own sense of entrapment and urge to find freedom, setting up a metaphorical journey for Maren to confront and unlock her own needs and desires, leading her to the realization that solving her problems requires courage and deliberate action—embodied in her search for the key to the mysterious locked door she discovers in the closet.

Section	Summary
Setting	Maren and John spend a night in the countryside to escape the noise and stress of their Brooklyn apartment, allowing Maren to relax and sleep deeply.
Contrasting Leisure Styles	While John works, Maren appreciates the rare break they have, highlighting their differing approaches to leisure amidst the pressures of modern life and social media.
Richual Platform	Maren is involved in Richual, catering to aspirational and vulnerable users, contrasting influencers with genuine personal connections among those sharing struggles.
John's Career Challenges	John faces financial instability as a freelance ghostwriter, asking Maren for help, reflecting the strains in their relationship and his unfinished passion project: a novel.
Devin's Influence	Devin, a successful social media influencer, contrasts Maren's conventional life, providing a different perspective on independence and online engagement.
Moment of Peace	Maren, John, and Devin share a cozy moment by the hearth, overshadowed by the ever-present longing for digital connection.
Self-Care Journey	Maren realizes the yearning for personal fulfillment beyond online success, deciding to disconnect from the internet for a week.
Symbolic Bird	A trapped bird in a closet symbolizes Maren's own sense of entrapment and desire for freedom, leading her to take deliberate action towards personal growth.



Critical Thinking

Key Point: freedom and self-discovery

Critical Interpretation: In this chapter, you witness Maren embark on a journey of self-discovery amidst the disruptive, yet revealing, experience of finding a trapped bird in her countryside escape. This poignant moment acts as a powerful metaphor for breaking free from the cycles that confine and constrain you. Just like Maren, you realize that true freedom often necessitates the courage to confront inner barriers and the deliberate effort to seek the 'key' to unlock not only the physical but emotional doors that hinder your growth. Inspired by Maren's resolve, you may find motivation to pause, reflect, and courageously take action towards realizing your own desires and needs, ultimately nurturing a more authentic and fulfilling existence.

More Free Book



Scan to Download

Chapter 6 Summary: Devin

In this chapter, Devin is grappling with the challenges of leadership and delegation at Richual, a trendy lifestyle media company she manages. Despite her inclination to handle tasks herself, Devin recognizes the importance of entrusting responsibilities to others, as evidenced by her interactions with Khadijah and their intern, Chloé. Devin assigns Chloé a seemingly simple task: to create infused water recipes for an upcoming pitch meeting, reflecting Devin's trust-building efforts.

The company is hosting a significant meeting with Dragg & Dropp, a content production company led by Doug, to discuss a potential collaboration. Devin describes the vibrant office atmosphere and the quirky yet creative touches Chloé brings, such as pink tissue paper garlands and feminist candy hearts, demonstrating Chloé's enthusiasm and impact as an intern.

At the meeting, Doug introduces Clem, a key member of the Culturally Relevant Production Envisioning (CRePE) team, to pitch a new content idea focused on dramatic, niche-targeted experiences. Clem's presentation interweaves the historical allure of drama with modern reality television's low-budget appeal, aiming to draw parallels between women's fears and controversial content that can catalyze engagement—a strategy pivoting towards heightened user interaction through shared outrage and empathy.



As Clem showcases a split-screen video dissecting cultural appropriation at music festivals, the room divides in opinion. Clem emphasizes the potential growth in user subscriptions by offering exclusive, emotionally-charged content that taps into tribalism and topical controversies, a shift from positive narratives to embracing complex social dynamics. While Devin initially seems skeptical about the alignment of this approach with Richual’s empowering ethos, she’s swayed by the prospect of monetizing the collective rage and engagement it could bring.

Evan, Devin’s colleague, is captivated by the revenue potential, while Khadijah expresses concerns about authenticity and user treatment. Amid the debate, Devin faces a moment of introspection: should Richual invest in content that challenges its foundational values if it promises growth?

Ultimately, Devin decides to pilot the project under the working title "Stay Woke, Y'all," resolving to lean into this venture and delegate further tasks for its development. Her decision symbolizes her evolving management style—balancing empowerment and pragmatism—while embracing the complexities of media influence in a digital age.

Aspect	Details
Main Characters	Devin, Khadijah, Chloé, Doug, Clem, Evan

Aspect	Details
Setting	Richual, Devin's trendy lifestyle media company
Initial Task	Devin entrusts Chloé with creating infused water recipes for a meeting
Upcoming Meeting	Discussion with Dragg & Dropp led by Doug, concerning collaboration
Office Atmosphere	Vibrant, creative, with Chloé's addition of pink garlands and candy hearts
Main Presentation	Clem from CRePE pitches an idea on dramatic, niche experiences utilizing reality TV techniques
Content Proposal	Shift narrative towards controversial, emotional themes to increase engagement
Debate	Discussion over profit from controversy vs. maintaining Richual's empowering brand
Company Dynamics	Evan supports revenue potential, Khadijah questions authenticity, Devin reevaluates company values
Resolution	Devin pilots a "Stay Woke, Y'all" project, signaling a shift in management style towards delegation and pragmatic growth



Critical Thinking

Key Point: The Importance of Delegation in Leadership

Critical Interpretation: In Chapter 6, you're inspired to embrace the art of delegation as a critical component of effective leadership. As you'd witness through Devin's journey, entrusting others with responsibilities not only fosters an environment of trust but also ignites creativity and ownership among team members. When you allow your colleagues to step up, like Devin did with Chloé, you create opportunities for fresh perspectives and innovative ideas that can propel your team to new heights. Embracing delegation empowers you to focus on strategic vision while cultivating an empowered and dynamic team, thus transforming challenges into collective achievements.

More Free Book



Scan to Download

Chapter 7 Summary: Maren

In this multi-layered narrative, the protagonist Maren navigates a life balancing entrepreneurial ambition and personal crisis while being trapped in a labyrinth of social expectations and professional obligations. The protagonist is part of a social media start-up called Richual, alongside co-founder Devin, a representation of millennial privilege and self-discipline. Richual is a platform dedicated to self-care and influencer marketing, a venture aiming for a \$25 million valuation amidst the vast terrain of social media giants.

Maren, emblematic of a self-proclaimed self-absorbed millennial, is in search of a key within a friend's house, intended for something hidden behind a locked door. She's also preoccupied with securing the next round of venture capital to sustain Richual. This search unfolds against a backdrop of existential contemplation on modern consumerism and the societal demands placed on women.

Richual's business model revolves around manipulating personal trauma narratives into monetized content. They recruit influencers to share polished, yet revealing content to attract users seeking validation through self-care routines and products. Devin assumes the role of charismatic ambassador, enticing influencers from other platforms, while Maren is the brains behind the polished image of vulnerability, crafting meticulous strategies to engage



their user base. Richual's pitch is unique in that it turns trauma into a commodity for driving user engagement and sales, but Maren is increasingly disillusioned by the superficiality of their capitalistic endeavor wrapped in the guise of feminist empowerment.

Adding depth to Maren's challenges is a parallel narrative of personal struggle. She grapples with outsourcing emotional connections to technology while identifying the futility of her excessive drinking habits which she uses as a coping mechanism against the backdrop of a high-pressure life in New York City. Tension arises as she fails to balance escapism and the daunting responsibility of entrepreneurship, marked by her anxiety over Richual's scalability and her mother's financial security, pinned on the company's success. The theme of fighting for a greater purpose is juxtaposed with Maren's inner conflict of finding authenticity in a world obsessed with online personas.

The climax unravels when Maren makes a startling discovery in a spare room—a concealed trove reflecting the darker side of personal lives kept separate from the public veneer maintained by individuals like Evan, the owner of the house and a fellow entrepreneur. Her exploration culminates in the unnerving realization of having crossed boundaries within her personal and professional sphere, further compounded by the visceral panic of an unexpected break-in by Secret Service agents, triggered by a previous misguided social media post she made in jest.



The story captures the zeitgeist of contemporary millennial living—a satirical take on the intersection of social media, gender politics, and the pursuit of validation. Maren’s journey remains a poignant reflection on the pursuit of ambition at the cost of authenticity, marking her journey with a sense of quiet desperation masked by outward success. The narrative ends with a looming uncertainty and the pressing weight of consequences meeting Maren in a moment of chaotic self-reckoning.

Element	Description
Title	Self Care by Leigh Stein
Protagonist	Maren navigates complex life dynamics, balancing ambition and personal troubles.
Main Setting	At "Richual," a social media startup focusing on self-care and influencer marketing.
Co-founder	Devin, embodies millennial privilege, acts as the company's public face.
Business Model	Monetizes personal trauma narratives by using influencer-generated content.
Main Themes	Explores modern consumerism, societal expectations on women, and inauthenticity in corporate feminism.
Personal Conflict	Maren faces disillusionment, excessive drinking, and anxiety about her mother's financial dependency on Richual.
Climactic Event	Discovering a hidden room's secrets and an unexpected break-in by Secret Service.

Element	Description
Overall Narrative	A satirical take on millennial life, social media, gender politics, and the fallacy of online validation.
Conclusion	Maren faces a moment of self-reckoning amid a looming uncertainty, torn between ambition and authenticity.

More Free Book



Scan to Download

Chapter 8: Devin

In this chapter, Devin, the protagonist, provides a glimpse into her upscale, meticulously curated lifestyle, blending elements of boutique fitness culture, self-care, and personal reflection. In the locker room, she swaps her fashionable work attire for high-end fitness gear from Lululemon, signifying her transition from the corporate world to the intimate environment of Pheel, a spiritual fitness studio.

Pheel has evolved from a small yoga class into a thriving wellness space, complete with luxury merchandise and holistic accessories, indicating the commodification of self-care and spiritual growth. The setting reflects a contemporary wellness obsession, showcasing items aimed at promoting healing and empowerment.

Devin's chosen instructor, Tressa, shares her personal story of overcoming physical injury, embodying resilience and transformation—a narrative that appeals to Devin's belief in the mind-body connection. Tressa's teachings encourage attendees to reshape their self-perceptions and physical experiences, fostering a sense of empowerment and self-love.

Among the class participants, Devin notes diverse individuals, marking how fitness culture intersects with battles against aging and body image. A particular interaction with a woman in cat-haired yoga pants highlights the



social dynamics of being recognized from her online alter ego, Richual, where she inspires others while also navigating her own vulnerabilities.

Class progresses with intense workout routines synchronized to powerful music, emphasizing the release of emotions and the catharsis found in physical exertion. Devin undergoes an emotional revelation, crying out her longing for her deceased father amidst the anonymity of the shared experience, underscoring the therapeutic potential of communal fitness spaces.

After class, Devin returns home, documenting her experiences on social media with a yoga video, carefully crafting her online persona while reflecting on personal themes of loss and isolation. Her digital engagement includes wellness-focused rituals, maintaining a meticulously healthy lifestyle with specialized cleansing products and dietary habits.

The chapter crescendos with an encounter involving Evan, a character whose ambiguous relationship with Devin underscores themes of control and intimacy. Their interaction is ritualistic yet emotionally detached, revealing Devin's complex desires for connection contrasted with a need for self-preservation.

Throughout, the narrative seamlessly blends elements of modern wellness culture, personal introspection, and the intricacies of human relationships,

More Free Book



Scan to Download

painting a vivid picture of Devin's life and the spaces she occupies.

Install Bookey App to Unlock Full Text and Audio

Free Trial with Bookey





★★★★★
22k 5 star review

Positive feedback

Sara Scholz

...tes after each book summary
...understanding but also make the
...and engaging. Bookey has
...ding for me.

Fantastic!!!



I'm amazed by the variety of books and languages
Bookey supports. It's not just an app, it's a gateway
to global knowledge. Plus, earning points for charity
is a big plus!

Masood El Toure

Fi



Ab
bo
to
my

José Botín

...ding habit
...o's design
...ual growth

Love it!



Bookey offers me time to go through the
important parts of a book. It also gives me enough
idea whether or not I should purchase the whole
book version or not! It is easy to use!

Wonnie Tappkx

Time saver!



Bookey is my go-to app for
summaries are concise, ins
curated. It's like having acc
right at my fingertips!

Awesome app!



I love audiobooks but don't always have time to listen
to the entire book! bookey allows me to get a summary
of the highlights of the book I'm interested in!!! What a
great concept !!!highly recommended!

Rahul Malviya

Beautiful App



This app is a lifesaver for book lovers with
busy schedules. The summaries are spot
on, and the mind maps help reinforce wh
I've learned. Highly recommend!

Alex Walk

Free Trial with Bookey



Chapter 9 Summary: Khadijah

In this narrative, Khadijah Walker, the Senior Vice President of Editorial Strategy at Richual, is managing a working group focused on creating an inclusive user experience on their platform. Throughout the discussions, users express concerns over the site's content, suggesting content warnings for sensitive posts, identity disclosures, and biases in influencer selections. Khadijah is also seen dealing with the logistics of her role and managing interns for various tasks.

Amid these discussions, the community turns its attention to Devin, a co-founder of Richual, with users critically examining her public persona and perceived inconsistencies in her advocacy. Khadijah feels conflicted, understanding Devin's contributions to the platform but unable to defend her amidst the growing scrutiny.

In parallel, a scandal emerges involving Evan Wiley, a board member and significant investor in Richual, who is accused of inappropriate sexual conduct. This revelation sparks discussions about privilege, race, and who gets attention in narratives of victimhood.

Simultaneously, Maren Gelb, the COO of Richual, shares a personal story sponsored by Lunar Milk, outlining her encounter with the Secret Service. She describes being investigated for a tweet perceived as threatening to the



president, highlighting themes of free speech and the suppression of women's voices. Maren elucidates the challenges she faces as a woman in a leadership role, pushing back against systems designed to silence female empowerment. Her narrative underscores the tension between expressing oneself freely and the societal and legal repercussions that might follow.

The integration of these personal experiences and organizational dynamics paints a picture of an online community grappling with complex issues of identity, representation, and power, underscoring the challenges of navigating modern digital and social landscapes.

Key Element	Summary
Khadijah Walker	Senior VP of Editorial Strategy managing an inclusive user experience initiative, addressing user concerns about the site's content.
User Concerns	Discussions include content warnings, identity disclosures, and biases in influencer selections.
Devin	Richual's co-founder under scrutiny for inconsistencies in advocacy, leaving Khadijah conflicted about defending her.
Evan Wiley Scandal	Board member accused of inappropriate conduct, leading to discussions on privilege, race, and victimhood narratives.
Maren Gelb	COO shares a story on being investigated by the Secret Service for a tweet, underscoring themes of free speech suppression and challenges faced by women in leadership.
Thematic Elements	Identity, representation, and power challenges in a digital and social context.

Critical Thinking

Key Point: Navigating Personal Integrity in Leadership

Critical Interpretation: This chapter emphasizes the intricate dance of maintaining personal integrity while being a leader, illustrated through Khadijah's journey. As you navigate your life, consider how Khadijah manages conflicting loyalties and pressures as the Senior Vice President of Editorial Strategy at Richual. Faced with controversies surrounding close colleagues and overseeing an inclusive platform, she contemplates what it means to lead with authenticity. In personal and professional realms, you can draw inspiration from her perseverance amidst challenging dialogues and the inner conflict of defending valued colleagues in the wake of public criticism. Through these tensions, you learn that true leadership entails embracing transparency, engaging with difficult conversations, and upholding ethical standards that align with both community welfare and personal values. It highlights that nurturing a self-reflective practice can guide you in making decisions that resonate with integrity, even in the face of adversity and scrutiny. Khadijah's story encourages you to face challenges head-on, balance empathetic leadership with digital realities, and ultimately build a harmonious environment that is authentically inclusive and honest.

More Free Book



Scan to Download

Chapter 10 Summary: Khadijah

The chapter follows Khadijah, an employee scrambling to handle a crisis at her workplace, Richual, a wellness company. Amid allegations of sexual misconduct against Evan Wiley, a board member and self-proclaimed feminist ally, the team is in damage-control mode. Khadijah foregoes her yoga session, quickly changes, and rushes to work while dealing with Adam, her partner, via text, who struggles to keep up with her work drama.

At Richual, Katelyn, another team member, has emailed the staff to avoid discussing the issue publicly until a statement is prepared. Khadijah's journey through the subway, noticing a carefree couple, adds to her stress and highlights her mental state.

As Khadijah waits at her desk, she reflects on workplace dynamics, particularly Evan, who veers between moments of insensitivity and support, having nominated her for a prestigious list. She wonders if a positive outcome of the crisis could lead to advancements in workplace policies, such as family leave and health benefits.

Khadijah engages Diana in a secondary setting—a beauty closet packed with a bizarre assortment of marketing samples—to keep her updated on internal communication strategies. Maren, the COO, joins them, clearly frazzled, and seeks Khadijah's feedback on a manifesto she wrote, further indicating the



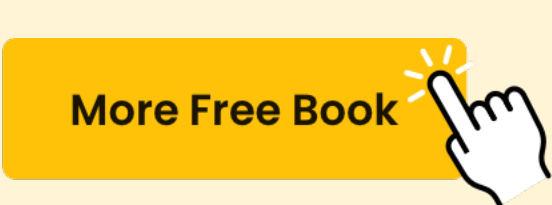
heightened chaos.

Devin, Richual's CEO, meanwhile, is getting a massage to relieve tension while Katelyn prepares public statements about the situation. Maren and Devin debate how to handle Evan's controversy, balancing their feminist mission with navigating the allegations.

Devin struggles with the revelation and is skeptical of the allegations' timing, especially given their financial stakes in an upcoming Series B funding round. Maren insists on the company's values, attempting to align the support of women with the challenging situation, while Katelyn works on refining their public response. The internal conflict reveals differing priorities within the company.

Ultimately, Richual releases a statement acknowledging Women's History Month while addressing Evan's allegations, highlighting their feminist stance but maintaining his innocence until proven guilty. Through this narrative, the chapter explores themes of workplace politics, crisis management, feminist values, and personal stakes amid corporate and ethical dilemmas.

Key Theme	Description
Character Focus	The chapter centers on Khadijah, an employee of Richual, juggling personal and professional crises amid allegations against a board



Key Theme	Description
	member.
Crisis Management	Khadijah and her team at Richual navigate the chaos following sexual misconduct allegations against Evan Wiley, a board member.
Office Dynamics	Khadijah reflects on workplace relationships, including Evan's dual role of being supportive yet insensitive, and considers potential policy improvements.
Team Communication	Diana and Khadijah coordinate in unusual settings, addressing internal communication and media strategies amid the controversy.
Leadership Reactions	Maren and Devin, in leadership positions, grapple with maintaining feminist values while handling the scandal, affecting company priorities.
Public and Personal Stakes	The chapter highlights the tension between Richual's public image, feminist mission, and financial interests during an ongoing scandal.
Resolution	Richual releases a statement supporting Women's History Month, addressing the allegations while emphasizing Evan's presumed innocence.
Themes	Explores themes of workplace politics, ethical challenges, personal challenges, and the balance of feminist values against corporate interests.



Critical Thinking

Key Point: Balancing Feminist Values with Business Challenges

Critical Interpretation: Navigating the delicate balance between upholding feminist values and managing business challenges shines through as a pivotal theme in this chapter. You reflect on how it is not uncommon to face situations where personal beliefs clash with professional obligations. The dilemma experienced by Khadijah and her colleagues at Richual offers a profound lesson: the importance of standing firm in one's values, even when juxtaposed with the pressures of corporate interests and public scrutiny. This balancing act inspires you to consider how such strong convictions can drive meaningful change within your own workplace. By prioritizing ethical standards and values, it's possible to create a genuinely supportive and inclusive work environment without compromising on strategic objectives. It encourages a narrative where both individual and organizational integrity contests through challenging times, ultimately fostering a culture of honesty, respect, and resilience.

More Free Book



Scan to Download

Chapter 11 Summary: Devin

In these chapters, we delve into the life of Devin, a young woman navigating the complexities of work, relationships, and personal insecurities. Devin is deeply involved in a tech startup named Richual, co-founded with her business partner Maren. Richual focuses on empowering women to make self-care an integral and luxurious part of their lives.

Devin's day begins with her leaving the office to attend a meditation class at her studio, reflecting on her life and relationships, particularly her romantic entanglement with Evan. Throughout her meditation, she contemplates the chaotic nature of her life, her relationship dynamics, and her insecurities. She's grateful for some things, including Evan and her career, yet there's an undercurrent of doubt and dissatisfaction, particularly concerning Evan's past engagement with other women and her own role within the company.

At yoga, Devin is disappointed to find that her usual instructor, Tressa, has been replaced by Jen, whose class seems uninspiring to her. This small change disrupts Devin's routine and further amplifies her feelings of disconnection and doubt regarding her life choices.

The narrative then shifts to a Halloween party in 2015, which Devin attends dressed as Margot Tenenbaum, a character from **The Royal Tenenbaums**. Though excited about her costume, she feels out of place, ignored, and



misunderstood. During the event, she unexpectedly encounters Evan, a college acquaintance and now an angel investor. Their reunion hints at both nostalgic familiarity and unresolved tension.

We learn about Devin's personal struggles, including the loss of her father, whom she was close to following her mother's death. Her father's sudden passing left her feeling isolated and overwhelmed with grief. Despite the appearance of a supportive network through social media tributes, her internal world is a tapestry of unprocessed emotions and solitude.

Devin's relationship with Maren emerges as a pivotal lifeline. Maren, who entered Devin's life shortly before her father's death, becomes a solid and encouraging figure. Together, they conceptualize the idea of Richual during the party, an idea that seems to fill a void for both women by providing a sense of purpose.

The chapters also explore Devin's internal monologue, which reveals her ongoing battle with external expectations and internal fulfillment. She is critical of herself and questions the authenticity of her public persona versus her real self.

The narrative encapsulates Devin's journey through moments of vulnerability and self-discovery. She struggles with aspects of her identity, relationships, and professional life, which are compounded by society's



relentless pressure on appearance and success. As the chapters unfold, Devin is at the cusp of recognizing the critical need for self-compassion and genuine connections in her life.

Aspect	Details
Protagonist	Devin, a young woman juggling work, relationships, and insecurities.
Start-up	Richual, a tech company founded with Maren to promote self-care among women.
Daily Routine	Devin attends meditation and yoga classes, often reflecting on her love life and career.
Love Interest	Evan, her romantic partner with whom she experiences tension due to past relationships.
Work Dynamics	Deals with doubts about her role and contribution to Richual.
Personal Life	Struggles with her father's sudden passing and feelings of isolation despite support networks.
Key Relationship	Partnership with Maren, who supports her through personal and professional challenges.
Self-Perception	Challenges between maintaining public persona and internal authenticity.
Thematic Elements	Explores the need for self-compassion and authentic connections amid societal pressures.

Chapter 12: Maren

The narrative weaves through the life of Maren, who comes from a fractured family background. Her parents, specifically her father Steve, were never married, and Steve had another family, which left Maren feeling like an outsider in her own paternal lineage. This complicated relationship with her father influences her identity and self-awareness. She often encounters Steve via television as he's a local news anchor, serving as an omnipresent yet emotionally distant figure in her life. Financial challenges are a recurring theme; Maren's childhood is marked by the inconsistency of Steve's child support payments, forcing her mother into additional work and a series of dubious financial ventures, including joining a multi-level marketing scheme in hopes of achieving financial independence.

Maren's reflections on her upbringing illuminate her introspective nature and her mother's enduring, albeit misguided, optimism. Both try to cling to hope and ambition, even when faced with spiraling debt and socioeconomic stagnation.

Parallely, Maren navigates the complexities of adult relationships, one of which involves John, a man struggling to establish himself as a ghostwriter with a turbulent personal history. Despite his sporadic work and financial irresponsibility, John becomes an emotional anchor for Maren. Their relationship's dynamics are candidly explored, revealing Maren's internal



conflicts between her professional life and her personal commitments. She financially supports John's freelance aspirations, a sacrifice that mirrors her mother's past decisions but also punctuates her desire to break away from her financial insecurities.

Throughout these personal narratives runs a subplot centered on a workplace crisis involving Evan, a high-profile colleague accused of sexual misconduct. This subplot speaks to Maren's professional acumen as she manages the fallout and evaluates her stance amid the turmoil. This professional pressure compounds the strain in her personal life, blurring the lines between her career and her identity.

In these chapters, recurring themes of financial distress, familial gaps, complex relationships, and professional ethics are interwoven with Maren's quest for belonging, stability, and success. Maren epitomizes the struggle to maintain integrity and resilience amid uncertainties in life and work.

Moreover, the storyline is punctuated by glimpses of cultural commentary. It unfolds against the backdrop of contemporary issues such as self-care, financial empowerment, and entrepreneurial ventures for women, underscored by events like the Foundress Summit—a platform exploring diverse themes such as brand storytelling, wellness, women in leadership, and the socio-political landscape for modern entrepreneurs. This setting becomes a microcosm for the evolving challenges women face in their



professional journeys, reinforcing the ongoing discourse on gender, identity, and economic empowerment.

Ultimately, Maren's narrative becomes a tapestry of introspection, ambition, and the relentless search for meaning and accomplishment in a world that oftentimes seems uncaring and unpredictable. In reconciling her father's neglect with her own aspirations and choices, Maren embodies the resilience of a generation trying to sculpt their identities amidst the legacies of their parents and the pressures of the present.

Install Bookey App to Unlock Full Text and Audio

Free Trial with Bookey





Read, Share, Empower

Finish Your Reading Challenge, Donate Books to African Children.

The Concept



This book donation activity is rolling out together with Books For Africa. We release this project because we share the same belief as BFA: For many children in Africa, the gift of books truly is a gift of hope.

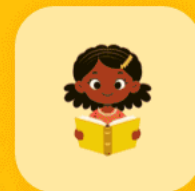
The Rule



Earn 100 points



Redeem a book



Donate to Africa

Your learning not only brings knowledge but also allows you to earn points for charitable causes! For every 100 points you earn, a book will be donated to Africa.

Free Trial with Bookey



Chapter 13 Summary: Devin

In this chapter, the protagonist Devin attends a high-end women's empowerment conference called Foundress Summit 17, known for its opulent atmosphere designed to inspire and connect women entrepreneurs. She enters the fluorescently lit lobby feeling the weight of its artificial brightness, while a session is already underway behind a flimsy partition. The environment speaks of wealth, with attendees dressed in elegant attire and a focus on "VIP" treatment. The air is thick with discussions about status and privilege, reflected in the complaints about swag bags and the insistence on premier experiences for those who pay the price.

Devin waits her turn at a VIP registration desk, witnessing a series of confrontations between attendees and staff. The attendees express dissatisfaction with trivial matters, symbolic of privilege and entitlement. When it's finally Devin's turn, she is recognized by Delancey, the staffer, which underscores her status and importance at the event. She receives an oversized pink nylon swag bag embellished with sequins and unicorn motifs, symbolizing the flamboyance of the entire event.

Maren, Devin's business partner at Richual, unexpectedly appears performing manual labor at the event despite her wrist injury, highlighting the irony of a so-called empowerment event relying on the underappreciated efforts of women like Maren. Their friendship and business partnership



come to light as Maren supports Devin, both physically and emotionally, and they prepare for Devin's role as a moderator in a key conversation at the summit.

The chapter delves into Maren's realization of the pressures they face as women in business, expressing gratitude and concern over their work's impact and highlighting the often-overlooked achievement of empowering other women through their business. Despite the touching moment, a palpable tension builds between Maren and Devin, particularly around a personal entanglement with a man named Evan, who is also a point of contention due to allegations against him that threaten to overshadow the summit's focus on empowerment.

As Devin prepares to moderate a session with Arianna Tran, a successful entrepreneur with a controversial history, the past whispers of rivalry and business strategy resurface. Arianna, a towering figure in the tech world, once faced a scandal over her company's product ingredients but successfully pivoted. In their conversation, both women navigate topics of business acumen and gender dynamics with Arianna urging assertiveness and confidence in negotiation.

Amidst this backdrop, the event's tension escalates as a group of masked protestors interrupts the summit, brandishing pink and green towels emblazoned with "Believe Victims." Their presence suggests deeper issues

More Free Book



Scan to Download

at play in the empowerment movement and critiques the sometimes superficial nature of such events. The protestors’ unexpected appearance, emphasizing a call for justice and acknowledgment of untold stories, represents a moment of awakening—a stark confrontation between the glossy facade of empowerment and the underbelly of societal issues that persist within such spaces.

This chapter explores themes of gender dynamics, privilege, the superficiality of some empowerment movements, and the need for deeper societal change amidst personal and professional struggles.

Aspect	Description
Setting	Foundress Summit 17, a luxurious conference for women entrepreneurs.
Atmosphere	Opulent environment with a focus on wealth, status, and privileges; symbolized by VIP treatment and luxurious swag bags.
Protagonist	Devin, a key figure at the event who interacts with both staff and attendees.
Relationships	Devin and her business partner Maren showcase a supportive and mutually reliant partnership.
Themes	Gender dynamics and privilege challenges in business. Superficiality of empowerment events highlighted through protestors. Individual versus collective struggle for deeper societal change.

Aspect	Description
Conflict	Personal tensions between Devin, Maren, and allegations against a man named Evan, affecting the summit's focus. Masked protestors interrupt, critiquing the superficial empowerment focus.
Key Event	Devin moderates a session with Arianna Tran, dealing with gender dynamics, negotiation, and controversy in business strategies.

More Free Book



Scan to Download

Chapter 14 Summary: Maren

The chapter opens with Maren reflecting on how she has been right in assessing Devin's troubled relationship, recognizing signs of emotional abuse. Maren grapples with guilt for not noticing Devin's distress sooner and contemplates the possibility that Devin's excuses and denial were subtle cries for help.

After a chaotic incident at the Foundress Summit, where protesters demand accountability and justice, Maren is portrayed as a protective figure, trying to shield Devin from the frenzy. The protest targets a system of oppression, yet Devin and Maren, once united in their entrepreneurial vision, find themselves as scapegoats amidst the uproar.

Maren attempts to comfort Devin as they escape the scene, but the tension surfaces as Devin's complex relationship with Evan comes to light. Maren suspects Evan, Devin's partner, of mistreating her, though Devin deflects blame, attributing her problems to personal issues and potential burnout. The narrative suggests that Evan's presence has drained Devin of the vibrant energy she once had, leaving her a shadow of her former self.

As they hide away in Devin's apartment, the tensions between the two women escalate. Maren feels unrecognized for her sacrifices, while Devin accuses Maren of looking down on her. Their confrontation reveals the depth



of their friendship, marred by misunderstandings and unspoken grievances.

Maren struggles to fulfill her role as a concerned friend, knowing that an abusive relationship often requires support and intervention. Despite Maren's efforts, Devin remains elusive, caught between defending Evan and recognizing her insecurities. In a moment of vulnerability, she suggests going away to find what's wrong with her, indicating her need for soul-searching and healing.

The confrontation peaks with accusations, confessions, and moments of honesty. Maren feels overwhelmed by the weight of her responsibilities and her perceived inadequacies, while Devin grapples with a loss of self and the damage wrought by her relationship. The chapter closes on a somber note as Devin retreats, leaving Maren to reflect on her failures as a friend and her inability to reach Devin in her time of need.

Section	Summary
Opening Reflection	Maren reflects on recognizing signs of Devin's troubled relationship, feeling guilty for not noticing earlier signs of emotional abuse.
Foundress Summit Incident	At the summit, Maren protects Devin from the chaos as protesters demand accountability, targeting a system of oppression. Maren and Devin become scapegoats.
Comfort & Suspicion	Maren tries to comfort Devin, but tensions arise as she suspects Devin's partner, Evan, of mistreatment. Devin, however, blames personal issues and burnout.

Section	Summary
Apartment Confrontation	In Devin's apartment, tensions escalate between Maren and Devin, revealing misunderstandings and unspoken grievances within their friendship.
Support Struggle	Maren struggles to support Devin while recognizing the need for intervention in her friend's potentially abusive relationship.
Vulnerability & Honesty	In a vulnerable moment, Devin contemplates leaving to discover her true self and heal, reflecting her struggle with insecurity and relationship damage.
Chapter Conclusion	The chapter closes as Devin retreats, leaving Maren to reflect on her perceived failures as a friend and her inability to reach Devin when needed.

More Free Book



Scan to Download

Chapter 15 Summary: Khadijah

In this chapter, Khadijah, a dedicated content writer, navigates a series of personal and professional trials amidst a tumultuous work environment. Khadijah's partner, Adam, has joined her in the city for her twenty-week pregnancy scan. While at the office, where other team members are notably absent due to a conference or illness, Khadijah and Adam find themselves in an awkward moment when a couple of marketing colleagues recognize Adam from social media, pointing out his resemblance to Jesus. Despite the light-hearted interaction, Khadijah is internally preoccupied with the complications surrounding her pregnancy, including the possibility of her baby needing a Cesarean section due to a breech position.

As Khadijah juggles the unsettling information from her doctor and her heightened pregnancy nerves, she is confronted by a professional crisis. Her company, Richual, is embroiled in a scandal involving Evan, an investor linked to allegations of sexual misconduct. This culminates in a protest at the Women's Empowerment Summit, organized by team members disillusioned by Evan's involvement with the company. Symbols of dissent, like the sheet-masked activists – some of whom Khadijah recognizes as former colleagues – amplify the company's crisis, marked by a surge in user account cancellations.

Khadijah attempts to maintain appearances online by posting about Adam's



handyman skills in the office, distracting from the turmoil. Meanwhile, her coworker Maren requests Khadijah's help in retrieving their boss Devin's belongings from the summit, unaware of the full extent of Khadijah's knowledge about the protest's planning on a Slack channel.

The narrative crescendos as Maren, overwhelmed by the situation and holding a wine bottle, greets Khadijah and Adam at Devin's stark apartment. In a tense exchange, Khadijah seizes the opportunity to announce her pregnancy, making a case for the potential positive PR that could come from instituting a progressive parental leave policy at Richual. Despite Khadijah's suggestion, Maren interprets the timing of the news as a personal affront due to their professional crisis, revealing that Devin herself is a victim of Evan. This revelation underscores the chaotic and exploitative work culture Khadijah is embedded within.

The chapter captures Khadijah's struggle to balance her personal life and professional obligations, while navigating an environment steeped in corporate and personal conflict. As she manages her pregnancy anxieties and the insidious pressure from her workplace, Khadijah is forced to confront the ethical and emotional implications of her role at Richual, as well as plan for a future where she can harmonize her responsibilities as an expectant mother and a professional.



Chapter 16: Devin

In this chapter, the protagonist, Devin, navigates a tumultuous day filled with complex relationships and internal struggles. The story begins with Devin observing her friend Arianna, who is oblivious to the fact that her lip is bleeding. Arianna is caught up in recording a video message for the Richual community—a support network they are both a part of—revealing that Devin has been a victim of abuse, particularly implicating a character named Evan. This triggers a surreal dream-like sequence for Devin, intertwining Arianna with memories of her mother and unsettling experiences relating to Evan.

Devin awakes from a nap, disoriented and with a lingering sour taste. She finds Maren, her cofounder and close confidante, in the living room. Maren is portrayed as someone grounded and resilient, contrasting sharply with Devin's more volatile emotions. The chapter illustrates Devin's dependence on validation, especially from Evan, with whom she has a complicated and possibly unhealthy relationship.

The tension between Devin's public persona and private struggles is palpable, particularly around her involvement in "Stay Woke, Y'all," a web series that scrutinizes the culture of disbelief among women. A phone call from Clem, a producer from Dragg and Dropp, seeking to leverage an earlier event for this project, accentuates Devin's internal conflict. Clem's focus is



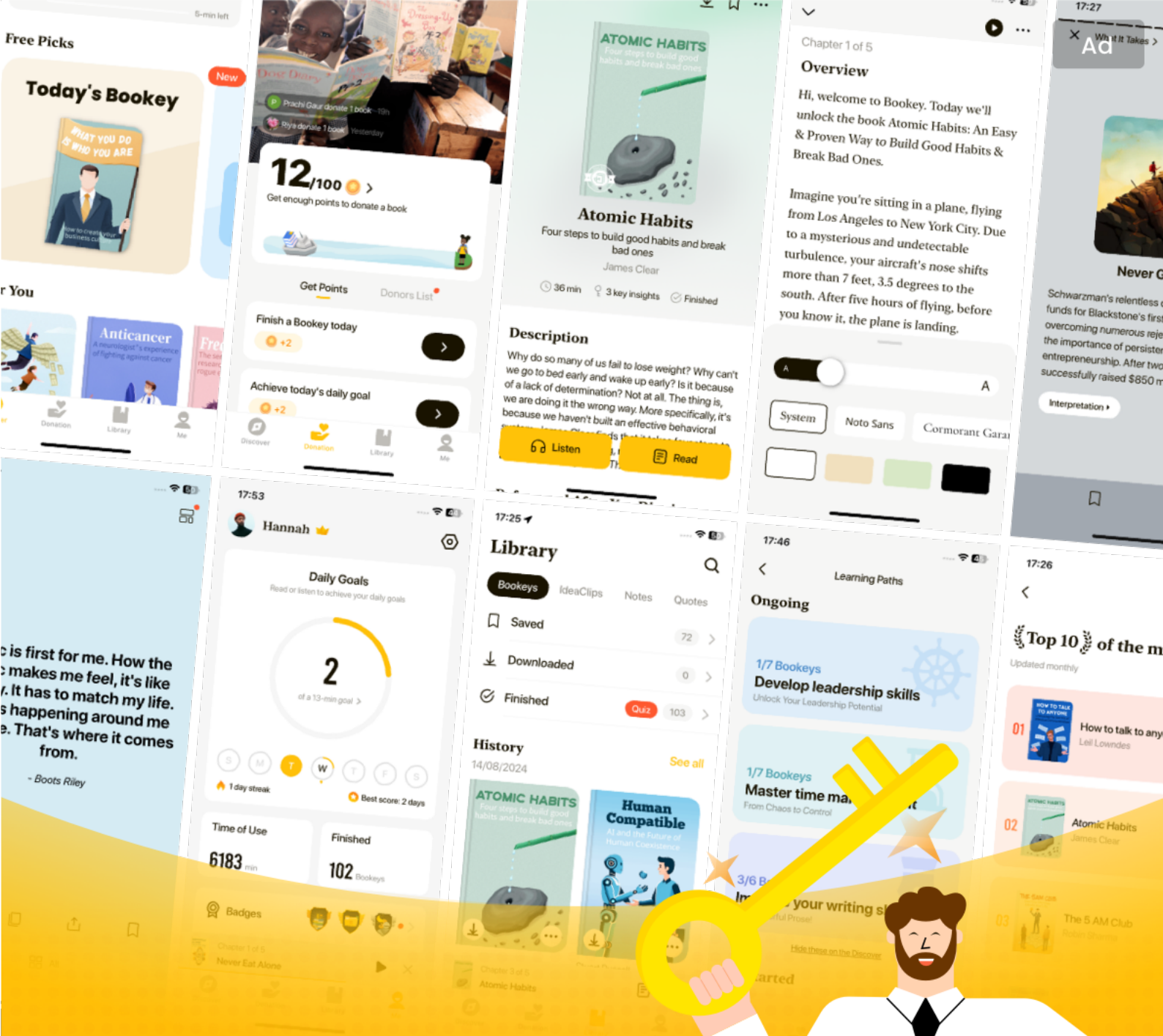
on the social implications of Devin's situation and the broader culture of disbelief toward women, which adds to Devin's stress and feelings of inadequacy.

Maren, holding little back, challenges Devin to confront the truth about her

Install Bookey App to Unlock Full Text and Audio

Free Trial with Bookey





World's best ideas unlock your potential

Free Trial with Bookey



Scan to download



Chapter 17 Summary: Maren

In the chapter, Maren is on a journey of self-discovery and transformation, inspired by a Rilke poem that says, "You must change your life." She attempts to make healthier choices, abstaining from alcohol over the weekend and opting for a plant-based diet. Her partner, John, is supportive, working on his own self-improvement through the law of attraction. Maren is deeply involved with her wellness company, Richual, which she co-founded with her best friend, Devin. The company cultivates a community of women focused on self-care and empowerment.

Maren tries to showcase her growth publicly by posting a courageous confession on social media about her struggles with alcohol and self-care, hoping to inspire others. Her transparency garners attention and solidarity from Richual's user base, which temporarily boosts the platform's activity and engagement.

A crucial board meeting is scheduled for Monday, where Maren plans to propose a strategic pivot from ad-based revenue to a paid membership model. She sees this as a way to empower women by creating a platform funded by women for women, without relying on male-investor support. However, Devin and Evan's body language signals tension.

During the meeting, Maren's plan is met with skepticism from their



investors, Klaus and Richard, who doubt the feasibility of charging users for a previously free service. Devin's lack of support and Evan's interruptions highlight underlying conflicts.

Unexpectedly, the meeting turns into an ambush. Leslie Royce, a lawyer close to Devin's family, announces Maren’s termination for alleged misconduct, including her unauthorized post on Devin's account. The board offers to buy out Maren's shares at a reduced value, but she perceives this as a betrayal orchestrated by her partners.

As Maren grapples with her sudden expulsion, she is struck by Devin's silence and the realization of her own naivety. Khadijah, her colleague, is named as her replacement, symbolizing the board's strategic pivot towards promoting diversity in the company leadership.

Devastated, Maren leaves the office, wandering aimlessly through the city. She encounters a t-shirt emblazoned with the phrase, "You Must Change Your Life," a poignant reminder of her need for transformation. In her shock, she enrolls in a yoga class, seeking refuge and renewal. There, she reflects on her vulnerabilities, surrounded by other women enduring their own struggles, united in their pursuit of inner peace amidst life's chaos.

Section	Description
---------	-------------

Section	Description
Maren's Journey	Inspired by a Rilke poem, Maren embarks on a self-discovery journey, adopting a plant-based diet and abstaining from alcohol, with support from her partner John.
Richual Company	Maren co-founded Richual with her friend Devin, a wellness company for women's empowerment focused on self-care.
Public Confession	Shares struggles with alcohol and self-care on social media, boosting Richual's user engagement.
Board Meeting	Maren proposes shifting from ad-based revenue to a paid membership model at a crucial board meeting.
Investors' Skepticism	Investors Klaus and Richard doubt the feasibility of a paid model; Devin's lack of support is evident.
Ambush During Meeting	Leslie Royce announces Maren's termination for misconduct, including unauthorized social media activity.
Betrayal	Maren realizes her termination was orchestrated by partners; Khadijah is named her replacement.
Reflection and Resilience	After a poignant encounter with the phrase "You Must Change Your Life," Maren seeks renewal through yoga.

