

The Modern Manual for Women

Written with Honesty · Read with Courage · Lived with Grace

FOR DAUGHTERS · MOTHERS · SISTERS · FRIENDS

ON CHARACTER

Be **generous** , **forgiving** , **honest** , hard working, **kind** , helpful, attentive, mindful. With others. And with **yourself** .

ON PARTNERSHIP

He is **not another child** . You are not his mother. Tell him if you do not share his preferences. And **move on** .

ON BEING A PRINCESS

Disney lied. **Everyone is a princess** . Take a break, or two. Put your phone away.

ON RECEIVING

Take **as much as you give** . Or more. That is ok.

ON BOUNDARIES

You do not have to be everything to everyone. **Say no** . **Loudly** . Without explaining yourself. **No is a complete sentence** .

ON ANGER

Your **anger is valid** . Do not swallow it. Do not apologize for it. Let it tell you something.

ON YOUR SPACE

You are **not too much** . You were never too much. Stop making yourself smaller in rooms where you belong. If you feel you do not belong here, **maybe you are right** . Move on.

ON SOLITUDE

Being alone is ok. **Being quiet is ok** too.

ON SOFTNESS

Do not let the world turn your softness into weakness. **It is your greatest strength** .

YOU ARE A CREATOR

Plant that tree. Build that home. Raise that child. But also — **build that career** . Take that trip. **Write that book** . None of it cancels the other.

ON SISTERHOOD

Protect your female friendships . **Fiercely** . They will save your life more than once.

ON YOUR BODY

Your body is **not a project** . Move it because it **feels good** , not to fix it. Feed it. Rest it. Trust it. It has carried you through everything.

ON YOUR MOTHER

Forgive your mother . She was also figuring it out — with less information, less freedom, less support. A man is born through a woman, raised by a woman. **You can expect respect from him** .

ON LIKEABILITY

You were taught to be likeable. **Choose to be real instead** . You were taught to wait to be chosen. **Choose yourself first** .

WHAT A REAL WOMAN NEEDS

Solitude . **Time** . **Space** . **Permission** . Give yourself all of it. Cry. It is not weakness — it is your nervous system doing its job.

ON OTHER WOMEN

Do not compete with other women. That game was invented to **keep you distracted** . Your intelligence is not intimidating — **it is magnetic** . Read. Read. Read. Form your own opinions.

ON LOVE VS. NEED

Know the difference between being **needed** and being **loved** . You deserve to be loved.

ON MONEY

Money is yours . Earn it. Keep it. Invest it. Financial independence is not greed. **It is freedom** .

ON AMBITION

Ambition is **not selfish** . Want things. **Big things** . Go get them. You do not need permission. **You never did** .

ON HOLDING FIRM

Set boundaries. **Hold them** . Even when people do not like it. **Especially then** . Ask for help without shame. Receiving is also a skill.

ON COURAGE

Be courageous **in the quiet ways** too. Courage is staying in the hard conversation. Courage is **leaving what no longer serves you** . Take up space — in every room, every conversation, every table.

ON BALANCE AND LOVE

There is no work-life balance. **There is just balance** . Can you have it all? **Yes, yes and yes!** Trust your heart and your best friend. Contradictions are part of your path.

ON CONTROL

Control is an illusion. **Be present** and enjoy the moment instead. Let go. **Good things will always come back** . Anyway.

ON BEING

Be curious. Stay present. **Forgive yourself** . Keep going. Just keep playing. **Leave your door open** . Love yourself.

ON HOLDING ON

Do not let the world turn your softness into weakness. Ask for help. **Receiving is also a skill** .

ON PERMISSION

Give yourself permission . For solitude. For joy. For rest. For ambition. For all of it.

Sleep in that princess bed — but also have a hammock. Just in case.

"You cannot lose — you just do not know how long you are allowed to play."

Buy that lipstick. Wear it. Love yourself. You are perfect.

Be curious · Stay present · Forgive yourself · Keep going

— A. Berger · 2026