

Changing history to HERstory

These strong and influential women have changed the world in such a huge and impactful way – yet, the majority of them have gone unnoticed. Now is the time to honour the women who have walked before us and change history to HERstory. These women (and the many others I have not mentioned) may not have intentionally set out to become role models but have all achieved extraordinarily amazing things by following their hearts, talents, dreams, beliefs and passions. They didn't listen to the confining drone of a society who places women in the "cannot do that" box – they dared, and they took a stand, stepping into their power, following their truth and using their voices to be different and make a change to the world we live in today. We are standing on their shoulders. We are using the stones thrown at them as women to build our paths forwards. They are the women who walked before us. It's time to honour them now. It's time to change history to HERstory.

	Quote	Woman	Story
1	"No, the only tired I was, was tired of giving in" 1955	Rosa Parks	Rosa Louise McCauley Parks (1913 – 2005) was an American activist in the civil rights movement best known for her pivotal role in the Montgomery bus boycott. The United States Congress has called her "the first lady of civil rights", "the mother of the freedom movement" and "the woman who stood up for herself and others by sitting down". Back in the 50s, the rule in Montgomery, Alabama, was that if a bus became full, the seats would have to be given up for white passengers to sit on. Parks, a leader in the local NAACP (National Association for the Advancement of Coloured People), and the civil rights movement, iconically refused to give up her seat, and remained quiet and dignified throughout, even though it led to her arrest. Her willingness to disobey the rule helped to spark the Montgomery boycott and other efforts to end segregation in America. When Rosa Parks refused to move, she took an important step towards making the lives of black and white people equal.
2	"Never trade in your authenticity for safety" 2010	Brené Brown	From the quote "If you trade in your authenticity for safety, you may experience the following: anxiety, depression, addiction, rage, blame, resentment and inexplicable grief." Brené Brown (born November 1965) is an American professor, lecturer and author who holds an Endowed Chair at the University of Houston's Graduate College of Social Work and is a visiting professor in management at McCombs School of Business at the University of Texas. She has studied courage, shame, empathy and vulnerability for two decades and has amassed high success and officially gone "mainstream" becoming the author of five number one New York Times bestsellers. She says "I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is "Courage over comfort." I do NOT believe that cussing and praying are mutually exclusive, and, I absolutely believe that the passing lane is for passing only."
3	"I am both war and woman and	Nikita Gill	"An ode to Fearless Women" "Defined by no man, you are your own story. Blazing through the world, turning history into herstory.

	<p>you cannot stop me”</p>		<p>And when they dare to tell you about all the things you cannot be, you smile and tell them, I am both war and woman and you cannot stop me,”</p> <p>Nikita Gill is a poet and writer. She was brought up in Gurugram, Haryana in India and in her mid-twenties, immigrated to the South of England and worked as a carer for many years, but she has been writing for as long as she can remember. At only 12 years old a non-fiction story she wrote was published in a newspaper in India and she started sharing her poetry on Tumblr almost ten years ago.</p> <p>Nikita Gill’s first manuscript was rejected by 137 publishers, and she used it as fuel to better her creative process – and that certainly happened as she has published many books since then!</p> <p>She has a very modern view on the ever-changing world of social media and how poetry plays into it, advocating extremely vocally for poets to be credited as they deserve, having been the victim of famous celebrities like Khloe Kardashian not crediting her work. She longs to educate people about personal responsibility within the arts.</p> <p>In her book “Fierce Fairytales: & Other Stories to Stir Your Soul”, she takes classic tales and turns them upside down with a feminist twist. Cinderella turned princess who saved herself, Little Red Riding Hood turned leader of wolves, and villains turned misunderstood characters who you suddenly can relate to.</p> <p>It’s amazing to see such a strong woman who seems to be conquering the world and inspiring those along the way.</p>
4	<p>“Be your own kind of beautiful.”</p>	<p>Coco Chanel</p>	<p>Gabrielle Bonheur "Coco" Chanel (1883 – 1971) was a French fashion designer and businesswoman. The founder and namesake of the Chanel brand, she was credited in the post-World War I era with popularizing a sporty, casual chic as the feminine standard of style, replacing the "corseted silhouette" that was dominant beforehand. Coco literally liberated women - by stripping off the constraints of corsets, she unapologetically gave them back their right to breathe and introduced a new, modern style of leveraging elegance which was bold and which women embraced gladly.</p> <p>The legendary fashion designer and true icon of style was also a remarkably intelligent and audacious woman. Apart from her creative ingenuity and a sharp eye for sophisticated aesthetics, she was an incredibly empowering woman who continues to empower women of all generations.</p> <p>More than a century ago, Coco Chanel was a modern woman who challenged stereotypes and conventions both in fashion and life and lived by her own rules.</p> <p>Defying conventions and the hypocritical conservatism of the social circles she swiftly moved through, Coco Chanel single-handedly revolutionized the image of the female body by bringing it back to its natural shape and genuine femininity.</p> <p>Coco Chanel was a woman who wore trousers and smoked in public without any restraint whatsoever and for the simple pleasure of it, and other women were inspired by her and reclaimed power over their own bodies, becoming empowered and fighting harder for their rights and an equal position in a patriarchal male-dominated society. Coco Chanel became the epitome of the bold and beautiful femininity, a symbol, a timeless icon.</p> <p>But Coco did not just dress women - she truly empowered them through her fashion and her approach to life. With her statement pieces - a pantsuit for women (today popularly referred as the "power suit") that Marlene Dietrich and Katherine Hepburn so spectacularly wore among the first; the little black dress that became the essential piece of any woman's wardrobe; the pinks suit from the 1961</p>

			<p>autumn/winter collection that Jackie Kennedy sent off to eternity; the iconic Chanel No 5 that captures the scent of the seductive force of female sensuality and many other pieces that revolutionized the way women not only looked but carried themselves through life by their own choice, Coco Chanel shared the boldness, passion and audacity she unapologetically lived by (the way she loved was no different either) with all womankind.</p> <p>Once asked by an agent provocateur journalist what she wore to bed, Marilyn Monroe responded without hesitation: "A drop of Chanel No 5, of course!" The icon for an icon!</p> <p>Chanel took pieces of men's attire, such as trousers, suits, and jackets, and incorporated them into women's wardrobe - if women can dress and move as men do, they can also DO WHATEVER MEN DO (and look fabulous while doing it!). This is a powerful message that lies in the very essence of feminism and the ongoing fights for gender equality.</p> <p>Straightforward and eloquent, Coco Chanel shared her wisdom in a form of well-elaborated and well-rounded statements that transcendent time and space. Even today, women seek inspiration and motivation in these lines because they are captivating and summarize deep thoughts about owning your own life, ambition, self-confidence, self-love, beauty and style.</p> <p>"Keep your heels, head and your standards high."</p> <p>"Never undervalue yourself – there are plenty of those out there who will try to."</p> <p>"Never settle for less. If you do, that is all you'll ever get."</p> <p>"The most courageous act is still to think for yourself. Aloud."</p> <p>"Beauty begins the moment you decide to be yourself."</p> <p>"In order to be irreplaceable, one must always be different"</p>
5	"Nothing is impossible, the word itself says I'm possible"	Audrey Hepburn	<p>Audrey Hepburn (1929 – 1993) was a British actress and humanitarian. Recognised as both a film and fashion icon, she was ranked by the American Film Institute as the third-greatest female screen legend from the Golden Age of Hollywood and was inducted into the International Best Dressed List Hall of Fame. She was thought to have repeatedly struggled against the way women should dress, making trousers a female fashion statement, and often wearing flats, giving women an out from towering stilettos.</p> <p>Hepburn devoted the final years of her life to humanitarian work. Although she had contributed to them since 1954, in 1988, Audrey Hepburn became a Goodwill Ambassador for UNICEF (United Nations International Children's Emergency Fund) and she dedicated the rest of her life to helping impoverished children in Africa, Asia and Latin America by working in the field, nursing sick children and spreading awareness of the conditions of these nations. In 1992 she received the Presidential Medal of Freedom. As well as this award, she remains one of only 16 people who have won Academy, Emmy, Grammy, and Tony Awards.</p> <p>Audrey Hepburn is a hero because she overcame adversity, helped others, and never gave up. She was in Holland when the Nazi's took over and watched German soldiers put men against a wall and shoot at them – her uncle being one of them. Her waif like figure was the visual remnant of her starvation as a child in that time during World War II, which resulted in a slew of ailments that led to "a lifetime of quietly suffering frail health." In short, her pain became her beauty — and by extension, her livelihood, and she then used her fame for good with UNICEF.</p>

6	“The woman who can create her own job is the one who will win fame and fortune”	Amelia Earhart	Amelia Mary Earhart (1897 – 1937) was an American aviation pioneer and author. Earhart was the first female aviator to fly solo across the Atlantic Ocean. She set many other records, wrote best-selling books about her flying experiences, and was instrumental in the formation of The Ninety-Nines, an organization for female pilots. It was on June 18 th 1928 when Amelie Earheart succeeded in her dream of being the first female pilot to fly across the Atlantic Ocean (3875 km) solo – even though the dangerous journey had only ever been completed solo once before by a man and many others had died attempting it. It wasn’t an easy journey, with her entering a storm near Paris – where she was initially supposed to land. This caused mechanical issues and she thought fast, changing course to land safely in Londonderry, Northern Ireland after a 14 hour and 56 minute flight. She was also the 16 th woman to be issued a pilot’s license. She mysteriously disappeared during a flight in 1937 over the pacific ocean whilst trying to be the first woman to fly the entire world. Despite a huge rescue attempt, she was never found and was pronounced legally dead 2 years later. Amelia Earheart had grit and determination and a dream.
7	“Freedom is fragile and must be protected”	Germaine Greer	From the quote “Freedom is fragile and must be protected. To sacrifice it, even as a temporary measure, is to betray it.” Germaine Greer (born 29 th January 1939) is an Australian writer and public intellectual, regarded as one of the major voices of the radical feminist movement in the latter half of the 20th century. Her radical feminist views, and her book “The female Eunuch”, published in 1970, was pivotal in post-second wave feminism literature. Her book explores behaviours of women, and became a bestseller around the world, making Greer a household name. Her thesis is that the "traditional" suburban, consumerist, nuclear family represses women sexually, and that this devitalises them, rendering them eunuchs. Greer is a liberation (or radical) rather than equality feminist and her goal is not equality with men, yet favours women. Her beliefs are controversial, but there is no denying the fact that she has definitely made HERstory in her own way!
8	“There is no limit to what we, as women, can accomplish”	Michelle Obama	Michelle LaVaughn Robinson Obama (born 17 th January 1964) is an American attorney and author who was the first lady of the United States from 2009 to 2017. She is married to the 44th president of the United States, Barack Obama, and was the first African-American first lady. Michelle has been creating her own legacy in many ways, including the “Let Girls Learn” initiative started in March 2015. The idea of it is to help educate the 62 million girls around the world who aren’t in school. She says: “I see myself in these girls, I see my daughters in these girls, and I simply cannot walk away from them. I plan to keep raising my voice on their behalf for the rest of my life. I plan to keep urging world leaders to invest in their potential and create societies that truly value them as human beings. I plan to keep reaching out to local leaders, families, and girls themselves to raise awareness about the power of sending girls to school.” Her speeches are always full of inspiration. One of her most famous speeches consisted of the following inspirational words: “The women we honour today teach us three very important lessons. One, that as women, we must stand up for ourselves. The second, as women, we must stand up for each other. And finally, as women, we must stand up for justice for all.” She also spoke directly to men at the United State of Women Summit. “Be better at everything. Be better fathers. Good lord, just being good fathers who love your daughters and are providing a solid example of what it means to be a good man in the world, showing them what it feels like to be loved. That is the greatest gift that the men in my life gave to me.”

			<p>And when she addressed a group of young African leaders in 2014, she made it <i>really</i> clear that respect for women is critical when it comes to making a nation successful, saying: “No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contributions of half of its citizens”. She uses her status to powerfully and emotively speak out about the oppressed circumstances many African women find themselves in. She said: “Any man who uses his strength to oppress women is a coward, and he is holding back the progress of his family and his country.”</p>
9	“I’ll be fierce for all of us”	Deb Haaland	<p>Debra Anne Haaland (born 2nd December 1960) is an American politician who has been the U.S. Representative from New Mexico's 1st congressional district since 2019 and is the first native American cabinet secretary, as an enrolled member of the Laguna Pueblo, one of 574 sovereign tribal nations located across 35 states. The Pueblo people have lived on the land that is now the state of New Mexico since the 1200s and Haaland identifies herself as a 35th-generation New Mexican.</p> <p>Debra Haaland is making American HERtory, and in her position, has responsibility for the country’s land and natural resources as head of the Department of the Interior as well as upholding the government’s legally binding obligations to the tribes.</p> <p>In an interview days before her nomination, Haaland said that as secretary of the interior she would “move climate change priorities, tribal consultation and a green economic recovery forward”. And in her acceptance speech she said “I’ll be fierce for all of us, for our planet, and all of our protected land”.</p> <p>But this is not the first time Haaland has made HERtory. In 2018, she became one of the first two Native women in Congress, alongside Sharice Davids of Kansas.</p> <p>Representation and diversity matter, according to Haaland, because life experiences shape political decisions. “We don’t need people who all have the same perspective, we need people from various parts of the country, who’ve been raised in different ways, who bring that history and culture with them, and employ what we’ve learnt from their parents and grandparents, and bring all of that to bear in the decisions that we make,”</p> <p>It’s been a rocky road for Haaland who has experienced homelessness and relied on food stamps. She is also the product of racist policies. “There are a lot of people in this country who suffered historical trauma. I carry history with me, I’m a product of the assimilation policy of the United States. I feel very strongly that having this perspective is super important for the issues we bring to Congress.”</p> <p>Haaland was elected to the House of Representatives in 2018 after campaigning under the slogan: “Congress has never heard a voice like mine.” Since then, she has introduced legislation that would establish a truth commission on Native American boarding schools and spearheaded two laws to combat the epidemic of missing and murdered indigenous women.</p> <p>Haaland will be the most senior Native American in the US government since the Republican Charles Curtis, a member of the Kaw nation situated in what is now Kansas, who served as vice-president to Herbert Hoover between 1929 and 1933.</p>
10	“The emotional, sexual and psychological	Shirley Chisholm	<p>Shirley Anita Chisholm (1924 – 2005) was an American politician, educator, and author. In 1968, she made HERstory by becoming the first Black woman elected to the United States Congress, representing New York's 12th congressional district for seven terms from 1969 to 1983. The Brooklyn-born activist and political leader later entered the 1975 democratic presidential race – the first woman and the first black American to do this.</p>

	stereotyping of females begins when the doctor says: 'it's a girl'"		In Congress she quickly became known as a strong liberal who opposed weapons development and the war in Vietnam. Chisholm, a founder of the National Women's Political Caucus, supported the Equal Rights Amendment and legalized abortions throughout her congressional career, which lasted from 1969 to 1983. She later wrote the autobiographical works <i>Unbought and Unbossed</i> (1970) and <i>The Good Fight</i> (1973).
11	"We realise the importance of our own voices only when we are silenced"	Malala Yousafzai	<p>Malala Yousafzai (born on 12th July 1997), and often referred to mononymously as Malala, is a Pakistani activist for female education and the youngest Nobel Prize laureate. Malala Yousafzai survived a gunshot wound to the face by the Taliban, and has since become a spokesperson for human rights, education and women's rights and in 2014, she was awarded the Nobel Peace Prize. Malala Yousafzai fights for every girl's right to education and a life of freedom, in Pakistan and all over the world. In many parts of the world, girls are subjected to brutal violence and cannot live freely. Over 130 million girls are not allowed the education they have a right to today; 5 million of them live in Pakistan. Their rights have been taken away from them due to poverty, war and discrimination and this is what Malala fights for. The Taliban thought they could silence Malala by killing her, but instead, they gave her an even stronger voice, which can now be heard all over the world, and she has set up the Malala Fund in order to promote girls' right to education all over the world.</p> <p>"I don't want to be famous for being the girl who was shot by the Taliban. I want to be the girl who fights for education," says Malala.</p> <p>Here is part of her story:</p> <p>When Malala was born, her arrival was not celebrated as much as it would have been if she had been a boy. Many Pashtun people (from the Swat Valley), believe that boys are more important than girls. But Malala's father Ziauddin was different and right from the start, she was the apple of his eye, and he encouraged her to be all she could be. She spent a lot of time at her father's school in the city in Swat, Mingora, learning not only academic lessons but also how different boys' and girls' lives were, and how men are were always charge. But she also learnt from her father that things didn't have to be like that, and he fought for everyone's right to go to school – even poor people and girls.</p> <p>When Malala was ten years old, the Taliban came to the Swat Valley. They did many awful things such as gathering people's CDs, DVDs and televisions and burnt them in huge piles on the street, stopping young children from being vaccinated against polio, shutting down cable TV channels and banning children from playing. Then they set their sights on girls' schools. The Taliban pinned a letter to the school gate where Malala's dad was a teacher, warning him not to allow the girls to continue wearing normal school uniform and instead, they must wear burkas and cover their faces. But by 2008 the Taliban began blowing up schools – mostly girls' schools – almost every day. Malala was eleven and interviewed on several TV channels, speaking out for girls' right to go to school. In a BBC interview in Urdu, the national language of Pakistan, she says:</p> <p>"How dare the Taliban take away my right to education?"</p> <p>After that, things went from bad to worse when it was announced that all schools for girls were to be closed and that no girl in the Swat Valley was permitted to attend school.</p>

Malala started to write a diary about life in Swat under the Taliban and excerpts were read out on BBC radio, but under a made up name, Gul Makai, which means cornflower. She talked about how it felt to be afraid, about the ban on girls going to school, and about being forced to wear a burka and hide her face. She was later filmed for a documentary, saying, "They cannot stop me... our challenge to the world around us is: Save our school, save our Pakistan, save our Swat."

Widespread protests caused the Taliban to change their minds and allow girls up to the age of ten to attend school, but Malala and her friends were too old to be allowed, but they continued in secret, hiding their school books under their shawls.

Then one day the army of Pakistan orders the inhabitants of the Swat Valley to leave their homes as they were planning an offensive against the Taliban. Over a million people become refugees in their own country and when Malala's family left the valley, they weren't able to return for over 3 months. The army claimed that the Taliban had been defeated, but soon they started to blow up schools again.

In her book about her life, Malala says that she was born in the most beautiful place in the world:
"The Swat Valley is a heavenly place full of mountains, flowing waterfalls and clear lakes. The sign at the entrance to the valley reads 'Welcome to Paradise'." Yet, in this paradise, the Taliban were causing hell.

In January 2012, Malala travelled to the city of Karachi with her family, where a school was being named after Malala due to her activism against the Taliban. In Malala's speech at this opening, she said:
"We want to be able to make our own decisions and be free to go to school or work. Nowhere in the Koran does it say that a woman should be dependent on a man or have to listen to a man". Very soon after, while they were still in Karachi, Malala's father saw on the internet that the Taliban had issued death threats against two women - and one of them was Malala. Malala's father, although proud of her, urged her to stop speaking out about the Taliban, but she refused.

Malala was not allowed to walk to school any more. Instead, she always travelled by rickshaw to school, and came home with twenty school friends on the back of the school bus which is a truck with a canvas roof. But one day, suddenly two men dressed in white stepped out onto the road, forcing the truck to make an emergency stop. One of them, wearing a hat and a bandana covering his eyes, climbed into the back shouting "Which one of you is Malala?" She was the only one without her face covered, and the man lifted his gun firing three rapid shots. The first hit Malala in the head. She was flown by helicopter to a military hospital, and then on to a hospital in the UK, not regaining consciousness for a week, when she realised that one half of her face had been paralysed. But after an eight-hour operation the doctors manage to restore her facial nerves, and she began her recovery.

On 12 July 2013, the day that Malala turned 16, she was invited to the UN. 100 young people from 80 countries gathered to listen to Malala and the UN Secretary General, Ban Ki-moon, called the day 'Malala Day', saying:
"I urge you to keep speaking out. Keep raising the pressure. Keep making a difference. And together let us follow the lead of this brave girl. Let us put education first. Let us make this world better for all."

Malala replied: "Today is the day of every woman, boy and girl who has raised their voice for their rights. Let us wage a global struggle against illiteracy, poverty and terrorism. Let us pick up our books and pens, they are our most powerful weapons. Education is the only solution. Education first."

			<p>She and her organisation “Malala Fund” now support local activists in Syria, Nigeria, Pakistan and other parts of the world where girls are severely affected by injustice and violence. She is fighting to ensure that every girl receives 12 years of free education in a safe environment, saying “Extremists have shown what frightens them most – a girl with a book. With guns you can kill terrorists, but with education you can kill terrorism.”</p>
12	<p>“Every individual matters. Every individual has a role to play. Every individual makes a difference”</p>	Jane Goodall	<p>Dame Jane Morris Goodall DBE (born on 3rd April 1934), is an English primatologist and anthropologist. In July 1960, at the age of 26, she travelled from England to what is now Tanzania and ventured into the little-known world of wild chimpanzees. She began studying them in the Gombe Stream National Park of Tanzania, and her extensive research (which spanned almost 60 years) has provided some of the most groundbreaking insight into the minds and social lives of chimpanzees. When Jane Goodall entered the forest of Gombe, the world knew very little about chimpanzees, and even less about their unique genetic kinship to humans. She took an unorthodox approach in her field research, immersing herself in their habitat and their lives to experience their complex society as a neighbour rather than a distant observer and coming to understand them not only as a species, but also as individuals with emotions and long-term bonds. Dr. Jane Goodall’s discovery in 1960 that chimpanzees make and use tools is considered one of the greatest achievements of twentieth-century scholarship. Her field research at Gombe transformed our understanding of chimpanzees and redefined the relationship between humans and animals in ways that continue to emanate around the world.</p> <p>The primatologist and anthropologist went on to found the Jane Goodall Institute in 1977 as well as Roots and Shoots program in 1991 as an effort to encourage wildlife conservation efforts. She is desperate to bring to our attention the urgent need to protect chimpanzees from extinction and travels the world, speaking about the threats facing chimpanzees and environmental crises, urging each of us to take action on behalf of all living things and planet we share.</p>
13	<p>“You alone are enough”</p>	Maya Angelou	<p>Maya Angelou (1928 – 2014) was an amazing woman with an incredible life story. She was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees.</p> <p>When she was 8 years old, Maya Angelou stopped speaking. She silenced her voice because she thought her voice had killed a man and for almost five years, she spoke to no one but her beloved brother, Bailey. The man she believed she had killed with her voice - her mother's boyfriend, Mr. Freeman - had raped her. After she testified against him in his trial, he was convicted and sentenced, but released from jail. Four days later, he was found dead. Murdered. Probably by Angelou's uncles, her memoir implies.</p> <p>Angelou told this story in her first book, "I Know Why the Caged Bird Sings," her groundbreaking memoir about her childhood. Published in 1969, when she was 41 years old, the book established her voice – the one she had silenced as a child - as one of the most important in American literature.</p> <p>Her work and her life offer readers a personal journey through the African American experience of the 20th century, writing with blazing honesty about racism, rape, her pregnancy at 16 and the deep fractures in her own family. Her strong voice speaks to countless readers as her themes of finding identity, strength, economic, racial, and sexual oppression and courage carry deep resonance. Besides writing of racial inequality, Angelou wrote many empowering poems about women and their rights; she wrote about the hypocrisy of the world, and injustice, but also about love and nature.</p>

			<p>One of Angelou’s most recognizable poems is one about the power of women titled “Phenomenal Woman”. In this poem, Angelou speaks out about the dignity of being a woman, about self-pride and female grace. It is about sex appeal, about the inner power that radiates through in an inexplicable way. This kind of strength has nothing to do with a dress size or other beauty standards that are imposed on women: it has a deeper meaning, as it is connected to one’s identity. A woman is therefore not only beautiful (as beautiful is something that is usually linked to outer beauty), but also phenomenal:</p> <p><i>“It’s the fire in my eyes, And the flash of my teeth, The swing in my waist, And the joy in my feet. I’m a woman Phenomenally. Phenomenal woman, That’s me.”</i></p>
14	“You are powerful and your voice matters”	Kamala Harris	<p>“What I want young women and girls to know is that you are powerful and your voice matters.”</p> <p>Kamala Devi Harris (born on 20th October 1964) is an American politician and attorney who is the 49th and current Vice President of the United States. She is the United States' first female vice president, the highest-ranking female elected official in U.S. history, and the first African American and first Asian American vice president.</p> <p>Harris was born in Oakland, California, in 1964, to parents who raised her in a bassinet of civil rights activism. Her mother, Shyamala Gopalan Harris, an Indian immigrant, was a breast cancer researcher; she died of cancer in 2009. Harris' father, Donald, is a Jamaican American professor of economics. On the campaign trail, the vice president-elect often talked about how her activist parents would push her in her stroller at civil rights marches. No wonder she is making HERstory!</p> <p>Kamala Harris is a lot of things beyond her gender and her race, of course. But her mere presence brings so much with it - so much to those, of all ages, who see themselves in her.</p> <p>Some of her amazing speeches have included the following quotes:</p> <p>"That I am here tonight is a testament to the dedication of generations before me – women such as Constance Baker Motley, Fannie Lou Hamer and Shirley Chisholm. Women who believed so fiercely in the promise of equality, liberty and justice for all."</p> <p>"While I may be the first woman in this office, I will not be the last."</p> <p>"I didn't listen. And the people didn't listen, either. And we won."</p> <p>"Because every little girl watching tonight sees that this is a country of possibilities, and to the children of our country, regardless of your gender, our country has sent you a clear message: Dream with ambition, lead with conviction and see yourselves in a way that others may not, simply because they've never seen it before. But know that we will applaud you every step of the way".</p>

			For countless women and girls, Harris’ achievement of reaching the second highest office in the country represents hope, validation and the shattering of a proverbial glass ceiling that has kept mostly white men perched at the top tiers of American government – no wonder she has become so inspiring!
15	“Aging is not lost youth but a new stage of opportunity and strength”	Betty Friedan	<p>Betty Friedan (1921 – 2006) was an American feminist writer and activist. Journalist, activist, and co-founder of the National Organization for Women, Betty Friedan was one of the early leaders of the women’s rights movement of the 1960s and 1970s. Her 1963 best-selling book, <i>The Feminine Mystique</i>, gave voice to millions of American women’s frustrations with their limited gender roles and helped spark widespread public activism for gender equality.</p> <p>Bettye Naomi Goldstein was born on February 4, 1921 in Peoria, Illinois, the oldest of three children of Harry Goldstein, a Russian immigrant and jeweller, and Miriam Horowitz Goldstein, a Hungarian immigrant who worked as a journalist until Bettye was born.</p> <p>Friedan spent a year on a graduate fellowship to train as a psychologist at the University of California Berkeley, and as World War II raged on, Friedan became involved in a number of political causes. She left the graduate program after a year to move to New York, where glimmers of her later interest in women’s rights emerged, as she authored union pamphlets arguing for workplace rights for women.</p> <p>In 1947, Friedan married Carl Friedan, a would-be theatre producer and advertising maven. Friedan had three children—in 1948, 1952, and 1956—continuing to work throughout. In 1956, the couple moved from Queens, New York, to suburban Rockland County, where Friedan became a housewife, supplementing her family’s income with freelance writing for women’s magazines.</p> <p>Friedan also began the research for what would become <i>The Feminine Mystique</i> in the late 1950s. After conducting a survey of her classmates at a 15-year reunion, Friedan found that most were, as she was, dissatisfied with the limited world of suburban housewives. She spent five years conducting interviews with women across the country, charting white, middle-class women’s metamorphosis from the independent, career-minded New Woman of the 1920s and 1930s to the housewives of the post-war era who were expected to find total fulfilment as wives and mothers.</p> <p>Published in 1963, <i>The Feminine Mystique</i> hit a nerve, becoming an instant best-seller that continues to be regarded as one of the most influential nonfiction books of the 20th century. Women everywhere voiced a similar “malaise” from what Friedan dubbed, “the problem that has no name.” The book helped transform public awareness and brought many women into the vanguard of the women’s movement, just as it propelled Friedan into its early leadership.</p> <p>In 1966, Friedan joined forces with Pauli Murray and Aileen Hernandez to found the National Organization for Women (which remains a leading feminist organization), with Friedan as its first president. She also authored NOW’s mission statement: “...to bring women into full participation in the mainstream of American society now, exercising all the privileges and responsibilities thereof in truly equal partnership with men.” The organization’s first action: to demand that the Equal Employment Opportunities!</p> <p>A busy activist throughout the 1960s and 1970s, Friedan helped found the National Association for the Repeal of Abortion Laws in 1969, later renamed National Abortion Rights Action League and more recently NARAL Pro-choice America. She organized the Women’s Strike for Equality on August 26, 1970 on the 50th anniversary of women’s suffrage, to raise awareness about gender discrimination. In addition, in 1971, Friedan was a co-founder of the National Women’s Political Caucus with Congresswoman Bella Abzug, Congresswoman Shirley</p>

			Chisholm, and feminist Gloria Steinem. Through these organizations, Friedan was influential in changing outdated laws such as unfair hiring practices, gender pay inequality, and pregnancy discrimination.
16	"I can excuse anything except boredom"	Hedy Lamarr	<p>Hedy Lamarr (1914 – 2000) was an Austrian-American actress and inventor who pioneered the technology that would one day form the basis for today's WiFi, GPS, and Bluetooth communication systems. As a natural beauty she was seen widely on the big screen in films like <i>Samson and Delilah</i> and <i>White Cargo</i>.</p> <p>Lamarr was originally Hedwig Eva Kiesler, born in Vienna, Austria on November 9th, 1914 into a well-to-do Jewish family. An only child, Lamarr received a great deal of attention from her father, a bank director and curious man, who inspired her to look at the world with open eyes. He would often take her for long walks where he would discuss the inner-workings of different machines, like the printing press or street cars. These conversations guided Lamarr's thinking and at only 5 years of age, she could be found taking apart and reassembling her music box to understand how the machine operated. Meanwhile, Lamarr's mother was a concert pianist and introduced her to the arts, placing her in both ballet and piano lessons from a young age.</p> <p>Lamarr's brilliant mind was ignored, and her beauty took centre stage when she was discovered by director Max Reinhardt at age 16. She studied acting with Reinhardt in Berlin and was in her first small film role by 1930, however, it wasn't until 1932 that Lamarr gained name recognition as an actress for her role in the controversial film, <i>Ecstasy</i>.</p> <p>Austrian munitions dealer, Fritz Mandl, became one of Lamarr's adoring fans when he saw her in the play <i>Sissy</i>. Lamarr and Mandl married in 1933 but it was short-lived. She once said, "I knew very soon that I could never be an actress while I was his wife ... He was the absolute monarch in his marriage ... I was like a doll. I was like a thing, some object of art which had to be guarded—and imprisoned—having no mind, no life of its own." She was incredibly unhappy, and escaped from Mandl's grasp in 1937 by fleeing to London but took with her the knowledge gained from dinner-table conversation over wartime weaponry.</p> <p>While in London, Lamarr's luck took a turn when she was introduced to Louis B. Mayer, of the famed MGM Studios, which secured her ticket to Hollywood where she mystified American audiences with her grace, beauty, and accent. In Hollywood, Lamarr was introduced to a variety of quirky real-life characters, such as businessman and pilot Howard Hughes.</p> <p>Lamarr dated Hughes but was most notably interested with his desire for innovation. Her scientific mind had been bottled-up by Hollywood, but Hughes helped to fuel the innovator in Lamarr, giving her a small set of equipment to use in her trailer on set. While she had an inventing table set up in her house, the small set allowed Lamarr to work on inventions between takes. Hughes took her to his airplane factories, showed her how the planes were built, and introduced her to the scientists. Lamarr was inspired to innovate as Hughes wanted to create faster planes that could be sold to the US military. She bought a book of fish and a book of birds and looked at the fastest of each kind. She combined the fins of the fastest fish and the wings of the fastest bird to sketch a new wing design for Hughes' planes. Upon showing the design to Hughes, he said to Lamarr, "You're a genius."</p> <p>Lamarr was indeed a genius as the gears in her inventive mind continued to turn. She once said, "Improving things comes naturally to me." She went on to create an upgraded stoplight and a tablet that dissolved in water to make a soda similar to Coca-Cola. However, her most significant invention was engineered as the United States geared up to enter World War II.</p>

			<p>In 1940 Lamarr met George Antheil at a dinner party. Antheil was another quirky yet clever force to be reckoned with. After her marriage to Mandl, she had knowledge on munitions and various weaponry that would prove beneficial. And so, Lamarr and Antheil began to tinker with ideas.</p> <p>The two came up with an extraordinary new communication system used with the intention of guiding torpedoes to their targets in war. The system involved the use of “frequency hopping” amongst radio waves, with both transmitter and receiver hopping to new frequencies together. Doing so prevented the interception of the radio waves, thereby allowing the torpedo to find its intended target.</p> <p>However, it wasn’t until Lamarr’s later years that she received any awards for her invention. The Electronic Frontier Foundation jointly awarded Lamarr and Antheil with their Pioneer Award in 1997. Lamarr also became the first woman ever to receive the Invention Convention’s Bulbie Gnass Spirit of Achievement Award.</p>
17	“I am my own muse”	Frida Kahlo	<p>“I am my own muse. I am the subject I know best. The subject I want to better “</p> <p>Magdalena Carmen Frida Kahlo y Calderón (1907-1954) was a Mexican painter known for her many portraits, self-portraits, and works inspired by the nature and artifacts of Mexico. A force in the art world, Frida Kahlo was known around the world for creating thought-provoking works grounded in magical realism. Her 1938 self-portrait titled “the frame” was the first work by a 20th century Mexican artist to ever be featured in the Louvre.</p> <p>Her pain, passion, and bold, vibrant colours are recognized in every piece of her artwork and she is celebrated in Mexico for her attention to Mexican and indigenous culture and by feminists for her depiction of the female experience and form.</p> <p>Kahlo, who suffered from polio as a child, nearly died in a bus accident as a teenager. She suffered multiple fractures of her spine, collarbone and ribs, a shattered pelvis, broken foot and a dislocated shoulder. She began to focus heavily on painting while recovering in a body cast. In her lifetime, she had 30 operations.</p> <p>Life experience is a common theme in Kahlo's approximately 200 paintings, sketches and drawings. Her physical and emotional pain are depicted starkly on canvases, as is her turbulent relationship with her husband, fellow artist Diego Rivera, who she married twice. Of her 143 paintings, 55 are self-portraits.</p> <p>During her life, self-portraits are a subject that Frida Kahlo always returns to, she says: <i>“I paint self-portraits because I am so often alone, because I am the person I know best.”</i></p> <p>Kahlo did not sell many paintings in her lifetime, although she painted occasional portraits on commission. She had only one solo exhibition in Mexico in her lifetime which was in 1953, just a year before her death at the age of 47.</p> <p>Today, her works sell for very high prices. In May 2006, Frida Kahlo’s self-portrait, Roots, was sold for \$5.62 million at a Sotheby's auction in New York, setting a record as the most expensive Latin American work ever purchased at auction, and also making Frida Kahlo one of the highest-selling woman in art.</p> <p>Spirited, unyielding and bold. Frida Kahlo was a woman who dared to defy the circumstances of her unfortunate life. Her works of art may have showcased great talent, but it was her tenacity in the face of hardship and a gender-biased society that have become valuable inspiration for many.</p>

			<p>Today, Kahlo is remembered for being a woman who broke all social conventions. Her defiance against needing to fit in is nothing less than admirable – both back then and even now.</p> <p>Kahlo was always honest about being a woman, and that is what puts her, even now, at the forefront of being a feminist. Never once did she hide, cower or expect to be shielded from the harsh realities of her life.</p> <p>She refused to alter her features. These included her mono-brow and faint moustache, which were labelled as inappropriately “masculine”. She even exaggerated them more in her self-portraits. She was not afraid to be herself – a woman. She embraced colours, wearing bright and bold dresses, as well as not thinking twice about adorning herself with flowers and ribbons.</p> <p>Kahlo was also open about her sexuality. She was never ashamed to admit that she was a bisexual, nor did she ever feel the need to apologise for her choice of bed partners. One of her notable affairs was with American-born French entertainer Josephine Baker.</p> <p>Her paintings touched on female issues such as abortion, miscarriage, birth, breastfeeding and much more. These were things considered to be strictly taboo and never spoken of at all in public back then.</p>
18	“The most dangerous phrase in the language is: it’s always been that way”	Grace Hopper	<p>At a very young age Grace Murray Hopper (1906 – 1992) showed an interest in engineering. As a child, she would often take apart household goods and put them back together. Little did her family know, her curiosity would eventually gain her recognition from the highest office in the land.</p> <p>Hopper earned her Masters and PhD in Mathematics from Yale – becoming one of the very few women to hold such a qualification. She joined the Navy WAVES (Women Accepted for Voluntary Emergency Service) and in 1944, was commissioned as a Lieutenant (Junior Grade) and assigned to the Bureau of Ordnance Computation Project at Harvard University. Her team worked on and produced the Mark I, an early prototype of the electronic computer and coined the word “bug” to describe a computer malfunction.</p> <p>After the end of the war, Hopper became a research fellow on the Harvard faculty and in 1949, joined the Eckert-Mauchly Corporation, continuing her pioneering work on computer technology. Hopper was involved in the creation of UNIVAC, the first all-electronic digital computer. She invented the first computer compiler, a program that translates written instructions into codes that computers read directly. This work led her to co-develop the COBOL, one of the earliest standardized computer languages. COBOL enabled computers to respond to words in addition to numbers. Hopper also lectured widely on computers, giving up to 300 lectures per year. She predicted that computers would one day be small enough to fit on a desk and people who were not professional programmers would use them in their everyday life.</p> <p>During her career, Hopper retained her affiliation with the Naval Reserve and by 1966, she attained the rank of Commander, was promoted to Captain in 1973, to Commodore in 1983, and to Rear Admiral in 1985. Two years later she was awarded the Defense Distinguished Service Medal, the highest decoration given to those who did not participate in combat.</p> <p>In 1973, Hopper was named a distinguished fellow of the British Computer Society - the first and only woman to hold the title at that time.</p>
19	“You must do the thing you think you cannot do”	Eleanor Roosevelt	<p>“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself “I lied through this horror. I can take the next thing that comes along.” You must do the thing you think you cannot do.”</p> <p>A shy, insecure child, Eleanor Roosevelt (1884 – 1962) would grow up to become one of the most important and beloved First Ladies, authors, reformers, and female leaders of the 20th century.</p>

		<p>Born on October 11, 1884 in New York City, Anna Eleanor Roosevelt was the first of Elliot and Anna Hall Roosevelt's three children. Her family was affluent and politically prominent, and while her childhood was in many ways blessed, it was also marked by hardship: her father's alcoholism, as well as the deaths of both parents and one of her brothers before she was ten years old. She was raised by her harsh and critical maternal grandmother, who damaged Eleanor's self-esteem. Timid and awkward, she believed that she compared badly with other girls.</p> <p>In 1899, Roosevelt began her three years of study at London's Allenswood Academy, where she became more independent and confident, returning to New York for her social debut in 1902, where she became involved with the settlement house movement, teaching immigrant children and families. In 1905, after a long courtship, she married her distant cousin Franklin Delano Roosevelt, a charming, Harvard graduate in his first year of law school at Columbia University. Her uncle and close relative, President Theodore Roosevelt, walked her down the aisle. The Roosevelts settled in New York, where Eleanor found herself under the thumb of her controlling mother-in-law, Sara Roosevelt, who, like her grandmother earlier, was harsh in her criticism of her daughter-in-law. While Franklin advanced his career, his wife raised their daughter and four sons under the watchful eye of her belittling mother-in-law.</p> <p>All that changed in 1911, when Franklin was elected to the New York State Senate, and the couple moved to Albany, away from Sara. Two years later, the Roosevelts moved to Washington, DC, and when World War I broke out, she volunteered with various relief agencies. Roosevelt promoted women's political engagement, playing a leadership role in several organizations, including the League of Women Voters and the Women's Trade Union League and soon became the most politically active and influential First Lady in history.</p> <p>In the White House from 1933 to 1945, First Lady Roosevelt kept a dizzying schedule. She wrote nearly 3,000 articles in newspapers and magazines, including a monthly column in <i>Women's Home Companion</i>, donating what she earned from the column to charity. She also authored six books and travelled nationwide delivering countless speeches. She held weekly press conferences with women reporters who she hoped would get her message to the American people.</p> <p>Roosevelt had immense influence on her husband's decisions as president and in shaping America, and her political activism did not end with her husband's death in 1945. Appointed in 1946, she served for more than a decade as a delegate to the United Nations, the institution established by her husband, and embraced the cause of world peace. She not only chaired the United Nations Human Rights Commission, she also helped write the 1948 United Nations Declaration of Human Rights, as well as chairing the President's Commission on the Status of Women, which released a ground-breaking study about gender discrimination a year after her death in 1963. She also worked on the Equal Pay Act that was passed that same year. Roosevelt's commitment to racial justice was evident in her civil rights work and efforts to push Washington to take swifter action in housing desegregation and protections for Freedom Riders and other activists. Kennedy nominated Roosevelt for the Nobel Peace Prize and though she did not win, she remained at the top of national polls ranking the most respected women in America decades after her death.</p> <p>She dramatically changed the role of the first lady, advocating for human rights, women's rights and children's causes, and has definitely made history HERstory.</p>
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20	“Have no fear of perfection, you will never reach it”	Marie Curie	<p>Marie Skłodowska Curie (1876 – 1934), born Maria Salomea Skłodowska, was a Polish and naturalized-French physicist and chemist who conducted pioneering research on radioactivity. Born in Warsaw on November 7, 1867, the daughter of a secondary-school teacher, she received a general education in local schools and some scientific training from her father. She became involved in a students’ revolutionary organization and in 1891, she went to Paris to continue her studies at the Sorbonne where she obtained awards in Physics and the Mathematical Sciences. She met Pierre Curie, Professor in the School of Physics in 1894 and in the following year they were married. She succeeded her husband as Head of the Physics Laboratory at the Sorbonne, gained her Doctor of Science degree in 1903, and following the tragic death of Pierre in 1906, she took his place as Professor of General Physics in the Faculty of Sciences, the first time a woman had held this position. She was also appointed Director of the Curie Laboratory in the Radium Institute of the University of Paris, founded in 1914. Her early research, together with her husband, were often performed under difficult conditions, laboratory arrangements were poor and both had to undertake much teaching to earn a livelihood. The discovery of radioactivity by Henri Becquerel in 1896 inspired the Curies in their brilliant research and analyses which led to the isolation of polonium, named after the country of Marie’s birth, and radium. Marie Curie developed methods for the separation of radium from radioactive residues in sufficient quantities to allow for its characterization and the careful study of its properties, therapeutic properties in particular, and was held in high esteem and admiration by scientists throughout the world.</p> <p>The importance of Marie Curie’s work is reflected in the numerous awards bestowed on her. She received many honorary science, medicine and law degrees and honorary memberships of learned societies throughout the world. Together with her husband, she was awarded half of the Nobel Prize for Physics in 1903, and in 1911 she received a second Nobel Prize, this time in Chemistry, in recognition of her work in radioactivity. She also received, jointly with her husband, the Davy Medal of the Royal Society in 1903 and, in 1921, President Harding of the United States, on behalf of the women of America, presented her with one gram of radium in recognition of her service to science. Marie Curie is remembered for her huge contribution to finding treatments for cancer.</p>
21	“Spread love everywhere you go”	Mother Teresa	<p>“Spread love everywhere you go. Let no one ever come to you without leaving happier.”</p> <p>Mother Mary Teresa Bojaxhiu (1910 – 1997), honoured in the Catholic Church as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun and missionary. At the age of twelve, she felt strongly the call of God, and knew she had to be a missionary to spread the love. At the age of eighteen she left her parental home in Skopje and joined the Sisters of Loreto, an Irish community of nuns with missions in India. After a few months’ training in Dublin she was sent to India, where on May 24, 1931, she took her initial vows as a nun. From 1931 to 1948 Mother Teresa taught at St. Mary’s High School in Calcutta, but the suffering and poverty she glimpsed outside the convent walls made such a deep impression on her that in 1948 she received permission from her superiors to leave the convent school and devote herself to working among the poorest of the poor in the slums of Calcutta. Although she had no funds, she depended on Divine Providence, and started an open-air school for slum children. Soon she was joined by voluntary helpers, and financial support was also forthcoming. This made it possible for her to extend the scope of her work.</p> <p>On October 7, 1950, Mother Teresa received permission from the Holy See to start her own order, “The Missionaries of Charity”, whose primary task was to love and care for those persons nobody was prepared to look after. In 1965 the Society became an International Religious Family by a decree of Pope Paul VI.</p>

			<p>The Society of Missionaries has spread all over the world, providing effective help to the poorest of the poor in a number of countries in Asia, Africa, and Latin America, and they undertake relief work in the wake of natural catastrophes such as floods, epidemics, and famine, and for refugees. The order also has houses in North America, Europe and Australia, where they take care of the shut-ins, alcoholics, homeless, and AIDS sufferers.</p> <p>Mother Teresa’s work has been recognised and acclaimed throughout the world and she has received a number of awards and distinctions, including the Pope John XXIII Peace Prize (1971) and the Nehru Prize for her promotion of international peace and understanding (1972). She also received the Balzan Prize (1979) and the Templeton and Magsaysay awards.</p>
22	“You are your own story”	Nikita Gill	<p><u>“An ode to Fearless Women”</u></p> <p>“Defined by no man, you are your own story. Blazing through the world, turning history into herstory. And when they dare to tell you about all the things you cannot be, you smile and tell them, I am both war and woman and you cannot stop me,”</p> <p>Nikita Gill is a poet and writer. She was brought up in Gurugram, Haryana in India and in her mid-twenties, immigrated to the South of England and worked as a carer for many years, but she has been writing for as long as she can remember. At only 12 years old a non-fiction story she wrote was published in a newspaper in India and she started sharing her poetry on Tumblr almost ten years ago. Nikita Gill’s first manuscript was rejected by 137 publishers, and she used it as fuel to better her creative process – and that certainly happened as she has published many books since then!</p> <p>She has a very modern view on the ever-changing world of social media and how poetry plays into it, advocating extremely vocally for poets to be credited as they deserve, having been the victim of famous celebrities like Khloe Kardashian not crediting her work. She longs to educate people about personal responsibility within the arts.</p> <p>In her book “Fierce Fairytales: & Other Stories to Stir Your Soul”, she takes classic tales and turns them upside down with a feminist twist. Cinderella turned princess who saved herself, Little Red Riding Hood turned leader of wolves, and villains turned misunderstood characters who you suddenly can relate to.</p> <p>It’s amazing to see such a strong woman who seems to be conquering the world and inspiring those along the way.</p>
23	“Each time a woman stands up for herself, she stands up for all women”	Maya Angelou	<p>“Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women”</p> <p>Maya Angelou (1928 – 2014) was an amazing woman with an incredible life story. She was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees.</p> <p>When she was 8 years old, Maya Angelou stopped speaking. She silenced her voice because she thought her voice had killed a man and for almost five years, she spoke to no one but her beloved brother, Bailey. The man she believed she had killed with her voice - her mother's boyfriend, Mr. Freeman - had raped her. After she testified against him in his trial, he was convicted and sentenced, but released from jail. Four days later, he was found dead. Murdered. Probably by Angelou's uncles, her memoir implies.</p>

			<p>Angelou told this story in her first book, "I Know Why the Caged Bird Sings," her groundbreaking memoir about her childhood. Published in 1969, when she was 41 years old, the book established her voice – the one she had silenced as a child - as one of the most important in American literature.</p> <p>Her work and her life offer readers a personal journey through the African American experience of the 20th century, writing with blazing honesty about racism, rape, her pregnancy at 16 and the deep fractures in her own family. Her strong voice speaks to countless readers as her themes of finding identity, strength, economic, racial, and sexual oppression and courage carry deep resonance. Besides writing of racial inequality, Angelou wrote many empowering poems about women and their rights; she wrote about the hypocrisy of the world, and injustice, but also about love and nature.</p> <p>One of Angelou’s most recognizable poems is one about the power of women titled “Phenomenal Woman”. In this poem, Angelou speaks out about the dignity of being a woman, about self-pride and female grace. It is about sex appeal, about the inner power that radiates through in an inexplicable way. This kind of strength has nothing to do with a dress size or other beauty standards that are imposed on women: it has a deeper meaning, as it is connected to one’s identity. A woman is therefore not only beautiful (as beautiful is something that is usually linked to outer beauty), but also phenomenal:</p> <p>“It’s the fire in my eyes, And the flash of my teeth, The swing in my waist, And the joy in my feet. I’m a woman Phenomenally. Phenomenal woman, That’s me.”</p>
24	“To all the girls who think you’re fat because you’re not a size zero, you’re the beautiful one, it’s society who is ugly”	Marilyn Monroe	<p>Marilyn Monroe (1926 – 1962) was an American actress, model, and singer. Famous for playing comedic "blonde bombshell" characters, she became one of the most popular sex symbols of the 1950s and early 1960s and was emblematic of the era's changing attitudes towards sexuality.</p> <p>Born Norma Jeane Mortenson in Los Angeles, California, she was later given her mother’s name, and baptized Norma Jeane Baker. After a tumultuous childhood—both maternal grandparents and her mother were committed to mental institutions, and she lived with a string of foster families—Norma Jeane married one of her neighbours, James Dougherty, when she was 16. He later joined the Merchant Marines and was sent to the South Pacific during World War 2. A photographer “discovered” the naturally photogenic Norma Jeane while she was working in a California ammunition factory, and she was soon launched into a successful modelling career. She divorced Dougherty in June 1946 and soon after signed a film contract with 20th Century Fox.</p> <p>At the outset of her acting career, Norma Jeane dyed her brown hair blonde and changed her name again, calling herself Marilyn Monroe (Monroe was her grandmother’s last name), going on to star in films such as “<i>Gentleman Prefer Blondes</i>” and “<i>How to Marry a Millionaire</i>” and “<i>Some like it Hot</i>”. In January 1954, she married baseball star Joe DiMaggio but he was notoriously uncomfortable with his wife’s sexy</p>

			<p>public image, and her wild popularity. They divorced after only nine months of marriage but remained good friends. (After Monroe's death, DiMaggio famously sent roses to her grave several times a week for more than three decades, until his own death in 1999.)</p> <p>By 1961, trouble in Monroe's personal life—her third marriage, to the acclaimed playwright Arthur Miller, dissolved after four years—had led to her increasing emotional fragility, and that year she was admitted on two occasions to hospitals for psychiatric observation and on August 5, 1962, Marilyn Monroe was found dead from an overdose of barbiturates in her home in Brentwood, California. She was 36 years old.</p> <p>Since she was such a complex character, Marilyn Monroe found herself stuck in the middle of two different types of women: those who were disgusted or intimidated by her glamour and wanted her to tone everything down, and those who loved her look just as it was and wanted her to stop trying to be taken seriously. Marilyn shared her views on the subject in 1959: "I'd like to be known as a real actress and human being," she said, "but listen, there's nothing wrong with glamour either. I think everything adds up. I'll never knock glamour. But I want to be in the kind of pictures where I can develop seriously as a woman, not just wear tights."</p> <p>Marilyn was a strong woman who consistently fought for what she believed in.</p>
25	"I used to think I was the strangest person in the world"	Frida Kahlo	<p>"I used to think I was the strangest person in the world. But then I thought, there are so many people in the world. There must be someone just like me who feels bizarre and flawed in the same ways I do"</p> <p>Magdalena Carmen Frida Kahlo y Calderón (1907-1954) was a Mexican painter known for her many portraits, self-portraits, and works inspired by the nature and artifacts of Mexico. A force in the art world, Frida Kahlo was known around the world for creating thought-provoking works grounded in magical realism. Her 1938 self-portrait titled "the frame" was the first work by a 20th century Mexican artist to ever be featured in the Louvre.</p> <p>Her pain, passion, and bold, vibrant colours are recognized in every piece of her artwork and she is celebrated in Mexico for her attention to Mexican and indigenous culture and by feminists for her depiction of the female experience and form.</p> <p>Kahlo, who suffered from polio as a child, nearly died in a bus accident as a teenager. She suffered multiple fractures of her spine, collarbone and ribs, a shattered pelvis, broken foot and a dislocated shoulder. She began to focus heavily on painting while recovering in a body cast. In her lifetime, she had 30 operations.</p> <p>Life experience is a common theme in Kahlo's approximately 200 paintings, sketches and drawings. Her physical and emotional pain are depicted starkly on canvases, as is her turbulent relationship with her husband, fellow artist Diego Rivera, who she married twice. Of her 143 paintings, 55 are self-portraits.</p> <p>During her life, self-portraits are a subject that Frida Kahlo always returns to, she says: "I paint self-portraits because I am so often alone, because I am the person I know best."</p> <p>Kahlo did not sell many paintings in her lifetime, although she painted occasional portraits on commission. She had only one solo exhibition in Mexico in her lifetime which was in 1953, just a year before her death at the age of 47.</p> <p>Today, her works sell for very high prices. In May 2006, Frida Kahlo's self-portrait, Roots, was sold for \$5.62 million at a Sotheby's auction in New York, setting a record as the most expensive Latin American work ever purchased at auction, and also making Frida Kahlo one of the highest-selling woman in art.</p>

			<p>Spirited, unyielding and bold. Frida Kahlo was a woman who dared to defy the circumstances of her unfortunate life. Her works of art may have showcased great talent, but it was her tenacity in the face of hardship and a gender-biased society that have become valuable inspiration for many.</p> <p>Today, Kahlo is remembered for being a woman who broke all social conventions. Her defiance against needing to fit in is nothing less than admirable – both back then and even now.</p> <p>Kahlo was always honest about being a woman, and that is what puts her, even now, at the forefront of being a feminist. Never once did she hide, cower or expect to be shielded from the harsh realities of her life.</p> <p>She refused to alter her features. These included her mono-brow and faint moustache, which were labelled as inappropriately “masculine”. She even exaggerated them more in her self-portraits. She was not afraid to be herself – a woman. She embraced colours, wearing bright and bold dresses, as well as not thinking twice about adorning herself with flowers and ribbons.</p> <p>Kahlo was also open about her sexuality. She was never ashamed to admit that she was a bisexual, nor did she ever feel the need to apologise for her choice of bed partners. One of her notable affairs was with American-born French entertainer Josephine Baker.</p> <p>Her paintings touched on female issues such as abortion, miscarriage, birth, breastfeeding and much more. These were things considered to be strictly taboo and never spoken of at all in public back then.</p>
26	“A girl should be two things: Who and what she wants”	Coco Chanel	<p>Gabrielle Bonheur "Coco" Chanel (1883 – 1971) was a French fashion designer and businesswoman. The founder and namesake of the Chanel brand, she was credited in the post-World War I era with popularizing a sporty, casual chic as the feminine standard of style, replacing the "corseted silhouette" that was dominant beforehand. Coco literally liberated women - by stripping off the constraints of corsets, she unapologetically gave them back their right to breathe and introduced a new, modern style of leveraging elegance which was bold and which women embraced gladly.</p> <p>The legendary fashion designer and true icon of style was also a remarkably intelligent and audacious woman. Apart from her creative ingenuity and a sharp eye for sophisticated aesthetics, she was an incredibly empowering woman who continues to empower women of all generations.</p> <p>More than a century ago, Coco Chanel was a modern woman who challenged stereotypes and conventions both in fashion and life and lived by her own rules.</p> <p>Defying conventions and the hypocritical conservatism of the social circles she swiftly moved through, Coco Chanel single-handedly revolutionized the image of the female body by bringing it back to its natural shape and genuine femininity.</p> <p>Coco Chanel was a woman who wore trousers and smoked in public without any restraint whatsoever and for the simple pleasure of it, and other women were inspired by her and reclaimed power over their own bodies, becoming empowered and fighting harder for their rights and an equal position in a patriarchal male-dominated society. Coco Chanel became the epitome of the bold and beautiful femininity, a symbol, a timeless icon.</p> <p>But Coco did not just dress women - she truly empowered them through her fashion and her approach to life. With her statement pieces - a pantsuit for women (today popularly referred as the "power suit") that Marlene Dietrich and Katherine Hepburn so spectacularly wore among the first; the little black dress that became the essential piece of any woman's wardrobe; the pinks suit from the 1961</p>

			<p>autumn/winter collection that Jackie Kennedy sent off to eternity; the iconic <i>Chanel No 5</i> that captures the scent of the seductive force of female sensuality and many other pieces that revolutionized the way women not only looked but carried themselves through life by their own choice, Coco Chanel shared the boldness, passion and audacity she unapologetically lived by (the way she loved was no different either) with all womankind.</p> <p>Once asked by an agent <i>provocateur</i> journalist what she wore to bed, Marilyn Monroe responded without hesitation: "A drop of Chanel No 5, of course!" The icon for an icon!</p> <p>Chanel took pieces of men's attire, such as trousers, suits, and jackets, and incorporated them into women's wardrobe - if women can dress and move as men do, they can also DO WHATEVER MEN DO (and look fabulous while doing it!). This is a powerful message that lies in the very essence of feminism and the ongoing fights for gender equality.</p> <p>Straightforward and eloquent, Coco Chanel shared her wisdom in a form of well-elaborated and well-rounded statements that transcendent time and space. Even today, women seek inspiration and motivation in these lines because they are captivating and summarize deep thoughts about owning your own life, ambition, self-confidence, self-love, beauty and style.</p> <p><i>"Keep your heels, head and your standards high."</i></p> <p><i>"Never undervalue yourself – there are plenty of those out there who will try to."</i></p> <p><i>"Never settle for less. If you do, that is all you'll ever get."</i></p> <p><i>"The most courageous act is still to think for yourself. Aloud."</i></p> <p><i>"Beauty begins the moment you decide to be yourself."</i></p> <p><i>"In order to be irreplaceable, one must always be different"</i></p>
27	"There is nothing small about life"	Florence Nightingale	<p><i>"Live life when you have it. Life is a splendid gift – there is nothing small about it."</i></p> <p>Often called "the Lady with the Lamp," Florence Nightingale (1820 – 1910) was a caring nurse and a leader. In addition to writing over 150 books, pamphlets and reports on health-related issues, she is also credited with creating one of the first versions of the pie chart. However, she is mostly known for making hospitals a cleaner and safer place to be.</p> <p>Florence Nightingale was born in Florence, Italy even though both of her parents are English. Growing up in a wealthy family, Florence Nightingale was homeschooled by her father and expected to get married at a young age. However, when she was a teenager, Nightingale believed she received a "calling" from God to help the poor and the sick.</p> <p>Even though it was not a respected profession at the time, Nightingale told her parents that she wanted to become a nurse. Her parents did not approve of her decision and wanted her to get married and raise a family, but she refused. Eventually, her father allowed her to go to Germany to study nursing and after finishing there, she went to Paris for extra training with the Sisters of Mercy. By the time she was 33, Nightingale was already making a name for herself in the nursing community. She returned to England in 1853 and became the superintendent and manager of a hospital for "gentlewomen" in London.</p> <p>When the Crimean War began in 1854, the British were unprepared to deal with the number of sick and injured soldiers. The lack of medical supplies, overcrowding, and unsanitary conditions caused many people to complain. Newspapers began to report about the terrible state of medical care and Florence Nightingale was asked to manage a group of nurses that would go and treat the wounded soldiers. She agreed,</p>

			<p>and on November 4, 1854, Nightingale and 38 nurses arrived at the British camp outside of Constantinople. When they got there, the doctors were unwelcoming because they did not want to work with female nurses. However, as the number of patients increased, the doctors needed their help. The nurses brought supplies, nutritious food, cleanliness, and sanitation to the military hospital. They also provided individual care and support. Nightingale was known for carrying a lamp and checking on the soldiers at night, so they gave her the nickname “the Lady with the Lamp.” Within six months, Nightingale and her team transformed the hospital, and the death rate went down from 40 percent to 2 percent because of their work.</p> <p>When Nightingale returned from the war, she continued to improve the conditions of hospitals. She presented her experiences and her data to Queen Victoria and Prince Albert in 1856. This data was the reason they formed a Royal Commission to improve the health of the British Army. Nightingale was so skilled with data and numbers that in 1858 she was also elected as the first woman member of the Royal Statistical Society and in 1859, she continued to spread her healthier medical practices by helping to set up the Army Medical College in Chatham. That same year, she published a book called <i>Notes on Nursing: What it is, and What it is Not</i>. Her book gives advice on good patient care and safe hospital environments. As a result of her efforts during the war, a fund was set up for Florence Nightingale to continue teaching nurses in England and in 1860, the Nightingale Training School at St. Thomas’ Hospital was officially opened.</p> <p>In her later years, Florence was often bedridden from illness, however, she continued to advocate for safe nursing practices until her death. Although Florence Nightingale died on August 13th, 1910 at the age of 90, her legacy continues. Two years after her death, the International Committee of the Red Cross created the Florence Nightingale Medal, that is given to excellent nurses every two years. Also, International Nurses Day has been celebrated on her birthday since 1965.</p>
28	“Trust in God – She will provide”	Emmeline Pankhurst	<p>Emmeline Pankhurst (1858 – 1928) was a British political activist. She is best remembered for organizing the UK suffragette movement and helping women win the right to vote.</p> <p>Emmeline Goulden was born in Manchester into a family with a tradition of radical politics. A passionate and fearless campaigner for the rights of women, Emmeline declared herself a committed suffragist – a campaigner for women’s right to vote – when she was just fourteen, and she went on to dedicate her life to the cause.</p> <p>In 1879, she married Richard Pankhurst, a lawyer and supporter of the women's suffrage movement. He was the author of the Married Women's Property Acts of 1870 and 1882, which allowed women to keep earnings or property acquired before and after marriage. His death in 1898 was a great shock to Emmeline.</p> <p>She fought tirelessly for the poor and oppressed, believing that society could only progress if women had an equal voice with men, and in 1889, Emmeline founded the Women's Franchise League, which fought to allow married women to vote in local elections. In October 1903, she helped found the more militant Women's Social and Political Union (WSPU) – yet still continued a peaceful campaign for the vote. The motto of the WSPU was ‘Deeds not words’ but sadly, in the face of continued opposition, the suffragettes became more militant. They were soon an organisation that gained much notoriety for its activities and whose members were the first to be christened 'suffragettes'.</p> <p>Emmeline's daughters Christabel and Sylvia were both active in the cause. British politicians, press and public were astonished by the demonstrations, window smashing, arson and hunger strikes of the suffragettes. In 1913, WSPU member Emily Davison was killed when she threw herself under the king's horse at the Derby as a protest at the government's continued failure to grant women the right to vote.</p>

			<p>Like many suffragettes, Emmeline was arrested on numerous occasions over the next few years and went on hunger strike herself, resulting in violent force-feeding. In 1913, in response to the wave of hunger strikes, the government passed what became known as the 'Cat and Mouse' Act. Hunger striking prisoners were released until they grew strong again, and then re-arrested.</p> <p>It took until 1918 until the Representation of the People Act gave voting rights to women over 30 and then in 1928 the vote was given for women over 21. Tragically, Emmeline died three weeks before the law was passed.</p>
29	<p>“Life is not measured by the number of breaths you take, but by the moments that take your breath away”</p>	<p>Maya Angelou</p>	<p>Maya Angelou (1928 – 2014) was an amazing woman with an incredible life story. She was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees.</p> <p>When she was 8 years old, Maya Angelou stopped speaking. She silenced her voice because she thought her voice had killed a man and for almost five years, she spoke to no one but her beloved brother, Bailey. The man she believed she had killed with her voice - her mother's boyfriend, Mr. Freeman - had raped her. After she testified against him in his trial, he was convicted and sentenced, but released from jail. Four days later, he was found dead. Murdered. Probably by Angelou's uncles, her memoir implies.</p> <p>Angelou told this story in her first book, "I Know Why the Caged Bird Sings," her groundbreaking memoir about her childhood. Published in 1969, when she was 41 years old, the book established her voice – the one she had silenced as a child - as one of the most important in American literature.</p> <p>Her work and her life offer readers a personal journey through the African American experience of the 20th century, writing with blazing honesty about racism, rape, her pregnancy at 16 and the deep fractures in her own family. Her strong voice speaks to countless readers as her themes of finding identity, strength, economic, racial, and sexual oppression and courage carry deep resonance. Besides writing of racial inequality, Angelou wrote many empowering poems about women and their rights; she wrote about the hypocrisy of the world, and injustice, but also about love and nature.</p> <p>One of Angelou’s most recognizable poems is one about the power of women titled “Phenomenal Woman”. In this poem, Angelou speaks out about the dignity of being a woman, about self-pride and female grace. It is about sex appeal, about the inner power that radiates through in an inexplicable way. This kind of strength has nothing to do with a dress size or other beauty standards that are imposed on women: it has a deeper meaning, as it is connected to one’s identity. A woman is therefore not only beautiful (as beautiful is something that is usually linked to outer beauty), but also phenomenal:</p> <p>“It’s the fire in my eyes, And the flash of my teeth, The swing in my waist, And the joy in my feet. I’m a woman Phenomenally. Phenomenal woman, That’s me.”</p>

30	“Never interrupt someone doing something you said couldn’t be done”	Amelia Earheart	Amelia Mary Earhart (1897 – 1937) was an American aviation pioneer and author. Earhart was the first female aviator to fly solo across the Atlantic Ocean. She set many other records, wrote best-selling books about her flying experiences, and was instrumental in the formation of The Ninety-Nines, an organization for female pilots. It was on June 18th 1928 when Amelie Earheart succeeded in her dream of being the first female pilot to fly across the Atlantic Ocean (3875 km) solo – even though the dangerous journey had only ever been completed solo once before by a man and many others had died attempting it. It wasn’t an easy journey, with her entering a storm near Paris – where she was initially supposed to land. This caused mechanical issues and she thought fast, changing course to land safely in Londonderry, Northern Ireland after a 14 hour and 56 minute flight. She was also the 16th woman to be issued a pilot’s license. She mysteriously disappeared during a flight in 1937 over the pacific ocean whilst trying to be the first woman to fly the entire world. Despite a huge rescue attempt, she was never found and was pronounced legally dead 2 years later. Amelia Earheart had grit and determination and a dream.
31	“Be a first-rate version of yourself instead of a second-rate version of someone else”	Judy Garland	Judy Garland (1922 – 1969) was an American actress, singer and dancer. With a career spanning 45 years, she attained international stardom as an actress in both musical and dramatic roles, as a recording artist, and on the concert stage. Born Frances Ethel Gumm in Grand Rapids, Minnesota, Judy Garland was the star of many classic musical films, including 'The Wizard of Oz,' and known for her tremendous talent and troubled life. She signed a movie contract with MGM at the age of 13, appearing in the Wizard of Oz in 1939, but later dropped by MGM. Despite her personal anguish, Garland continued on her path to film stardom, starring in more films and musicals – possible the most well-known being “meet me in St Louis”, but as well as her hectic work schedule, she was always under pressure from the studio about her looks and her weight. She was given amphetamines to boost her energy and control her weight. Unfortunately, Garland soon became reliant on this medication, along with needing other substances to help her sleep and drug problems plague her throughout the rest of her career. Judy Garland was mum to Liza Minelli.
32	“Always be the leading lady of your own life”	Audrey Hepburn	Audrey Hepburn (1929 – 1993) was a British actress and humanitarian. Recognised as both a film and fashion icon, she was ranked by the American Film Institute as the third-greatest female screen legend from the Golden Age of Hollywood and was inducted into the International Best Dressed List Hall of Fame. She was thought to have repeatedly struggled against the way women should dress, making trousers a female fashion statement, and often wearing flats, giving women an out from towering stilettos. Hepburn devoted the final years of her life to humanitarian work. Although she had contributed to them since 1954, in 1988, Audrey Hepburn became a Goodwill Ambassador for UNICEF (United Nations International Children's Emergency Fund) and she dedicated the rest of her life to helping impoverished children in Africa, Asia and Latin America by working in the field, nursing sick children and spreading awareness of the conditions of these nations. In 1992 she received the Presidential Medal of Freedom. As well as this award, she remains one of only 16 people who have won Academy, Emmy, Grammy, and Tony Awards. Audrey Hepburn is a hero because she overcame adversity, helped others, and never gave up. She was in Holland when the Nazi's took over and watched German soldiers put men against a wall and shoot at them – her uncle being one of them. Her waif like figure was the visual remnant of her starvation as a child in that time during World War II, which resulted in a slew of ailments that led to "a lifetime of quietly suffering frail health." In short, her pain became her beauty — and by extension, her livelihood, and she then used her fame for good with UNICEF.

33	<p>“They say I am a savage and dangerous woman. I am speaking the truth and the truth is savage and dangerous”</p>	Nawal el Saadawi	<p>Nawal El Saadawi (born 27th October 1931) is an Egyptian feminist writer, activist, physician, and psychiatrist. She has written many books on the subject of women in Islam, paying particular attention to the practice of female genital mutilation in her society.</p> <p>Born in the village of Kafr Tahla, just north of Cairo, the second of nine children, Nawal el Saadawi was encouraged to study. “I was brought up in two different classes: the poor peasant class of my father [a government official] and the upper bourgeois class of my mother, who went to French schools and wanted to ride horses and play the piano. My father came from the village. His mother went hungry to pay for his education, and it was his education and his ambition that enabled him to marry my mother. He was 30, she was 15. Of course, my parents preferred my older brother. But he was spoilt, and he didn’t study, and was always failing, while I was good in school. So, they began to support me. They wanted to marry me when I was 10, but when I rebelled and my mother stood with me.”</p> <p>On reflection, she was, she thinks, lucky to be a girl, and says: “It was a handicap that pushed me.”</p> <p>Her first dream was to be a dancer; she loved music, and she was beautiful. But her father could not afford to buy a piano, so she turned her attention instead to reading and writing. She never wanted to be a doctor, but as she was top of her class, it was almost automatic and she got a scholarship, graduating from the University of Cairo in 1955, specialising in psychiatry, and returning to Kafr Tahla to work as a doctor. In 1972, she published “Women and Sex”, the first of a series of books in which she attacked the aggressions carried out against women’s bodies: not just female circumcision, but also the brutal rituals associated with society’s fixation with virginity (the same dayas [midwives] who circumcised children were often required to prove a girl’s hymen was intact on her wedding night). Soon after this, she lost her job, and al-Sihha [Health], the magazine she had founded three years previously, was closed down.</p> <p>Her first husband</p> <p>After 3 marriages, she said “I’m telling you frankly: I am not really fit for the role of a wife, you must be sure of that.”</p> <p>She continued to write – <i>Woman at Point Zero</i> was published in 1973, and <i>The Hidden Face of Eve</i> in 1977 – and the state continued to make her life difficult. It was inevitable that they would one day come for her, and eventually they did.</p> <p>“It was 6 September, 1981. I was in my old apartment in Giza, and then the words: ‘Open up! The president (Sadat) has announced that 1,000 rebels are to be arrested.’ They pushed me out into the street, where there were 10 police cars.” At the prison, she shared a cell with 12 other women, and was smuggled in an eye pencil, meaning she was able to write her memoirs with it on toilet paper. She had a feeling that everything would be all right – and so it proved. On 6 October, Sadat was assassinated. “We knew this had happened, because we had smuggled in a small transistor. When we heard, the Marxists all knelt and prayed, and the fanatical Islamic women who considered dancing a taboo took off their veils and danced.”</p> <p>After 4 weeks, Nawal el Saadawi was taken to see the new president at his palace. HE spoke to her for 2 hours and then said she could go home. But she was raging “You can’t hold someone for three months who hasn’t committed a crime, who doesn’t know what has happened to her husband and children and keep her in conditions that even animals wouldn’t live under, and then just say: go home. No! You must be accountable.” She won her court case and carried on writing as before.</p> <p>This time, the government took a different approach. She was allowed to live at home, but she was effectively isolated. Her work was censored, threats were made against her life. She was included on a “death list” that was published in a Saudi newspaper. So, her and her husband went into exile, and for the next few years, she taught at universities in Europe and the US.</p>
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34	"The beginning is always today."	Mary Wollstonecraft	<p>Mary Wollstonecraft (1759 – 1797) was an English writer, philosopher, and advocate of women's rights.</p> <p>Mary was born into prosperity but her father, a drunk, squandered the family money, and like her mother, she often suffered abuse at his hands.</p> <p>While her older brother, Ned, received an extensive formal education, Mary spent just a few years in a day school. The discrepancy infuriated her. Why should she be denied the opportunities afforded to her brother just because she was a girl? She resolved, with characteristic determination, to educate herself.</p> <p>By the age of 25, Wollstonecraft had opened a small girls' school with her two sisters and her friend, even though it was a financial struggle, but sadly the school closed after Mary's friend died in childbirth.</p> <p>Wollstonecraft reluctantly took work as a governess. Her employers were the Irish aristocrats Lord and Lady Kingsborough in Cork. Mary soon came to despise her mistress. In Lady Kingsborough she saw everything she disliked in fashionable femininity, describing her as 'frivolous' with 'neither sense nor feeling'. Restlessly ambitious, Wollstonecraft yearned for the company of her intellectually curious friends back in London and after a year of quarrels and depression, she was fired.</p> <p>Wollstonecraft returned to London broke and miserable. But she soon found new purpose as an author when the radical publisher Joseph Johnson agreed to publish Wollstonecraft's first book – "Thoughts on the Education of Daughters" in 1787.</p> <p>A more equal society seemed within reach with the revolution unfolding across the channel in France and it was the change Mary and her radical set of friends longed for and she not only wrote passionately in defence of the revolution's ideals, but also claimed equality for her sex.</p> <p>In her best-selling book "A Vindication of the Rights of Woman", Wollstonecraft took the principles of the revolution to their logical conclusion, outlining a vision of equality between the sexes. If women were afforded the same opportunities and education, she wrote, they could contribute as much to society as men. The book made Wollstonecraft's name.</p>

			<p>Like many prominent reformers, Mary left for Paris and was embraced by the radicals shaping a new social order in France. She met the American Gilbert Imlay and defying moral convention, they became lovers which resulted in her giving birth to her first child, Fanny, out of wedlock in 1794. The relationship proved both short-lived and devastating for Mary when she found out Imlay was having an affair, but she was desperate to save the relationship, until she found out he had betrayed her again. Distraught, she threw herself off Putney Bridge into the Thames only to be saved by the intervention of passing watermen.</p> <p>Wollstonecraft emerged from the depths of her despair and found personal happiness with an unlikely partner.</p> <p>William Godwin was a famous radical philosopher and Wollstonecraft first met him at a dinner held by her publisher, Joseph Johnson, in 1791. They fell in love and although Godwin was opposed to the principle of marriage, when Wollstonecraft fell pregnant they wed in March 1797.</p> <p>Despite being married, the couple maintained an unconventional domestic arrangement, living in two homes and communicating through notes.</p> <p>On 30 August, Wollstonecraft went into labour and after about 18 hours she gave birth to her second child, a daughter, also named Mary. But there were minor complications which the surgeon mishandled and she suffered acute haemorrhaging, infection and sadly died after 11 days age only 38.</p> <p>Today Wollstonecraft is widely recognised as a principal figure in the fight for sexual equality and her work is still published around the world.</p> <p>The ebbs and flows of Wollstonecraft’s reputation are inextricably tied to society’s wider view of women’s rights. Her rehabilitation has been championed by some of the most preeminent feminists of the 20th Century, suffragist leader Millicent Fawcett and writer Virginia Woolf among them. By the time the bicentenary edition of Rights of Woman was published, Mary was an established feminist icon. Today she remains an enduring symbol of the ongoing fight against misogyny and sexual injustice.</p>
35	“Tell your own story”	Louise Bourgeois	<p>“Tell your own story and you will be interesting”</p> <p>Louise Joséphine Bourgeois (1911 – 2010) was a French-American artist who explored patriarchy, motherhood and what it meant for women to be subjects rather than objects of art.</p> <p>With a career spanning eight decades from the 1930s until 2010, Louise Bourgeois is one of the great figures of modern and contemporary art. She is best known for her large-scale sculptures and installations that are inspired by her own memories and experiences, yet Bourgeois was also a prolific painter and printmaker.</p> <p>Themes of domestic life, motherhood, domesticity and the home reoccur throughout Louise Bourgeois’s work, as well as sexuality and feeling lost and trapped as a woman. She explores the role of female identity throughout every piece of art - often challenging the conventional role of women in the twentieth century and this is what has led her to become synonymous with the feminist art movement, taking on an almost ambassadorial role. She was a strong feminist, but never called herself a ‘female artist’ or a ‘feminist artist’ as she believed that to call her such is reductive – she was dealing with universal emotions: jealousy, rejection, and so on, and these are pre-gender. It wasn’t that she explicitly rejected being defined in feminist terms (“Some of my works are, or try to be feminist, and others are</p>

			<p>not feminist,” she once said in an interview with the San Francisco Museum of Art). Rather, she adopted a contrary attitude towards critics eager to pigeonhole her exclusively with those terms.</p> <p>Louise Bourgeois also explores the human body, often using and repeating rounded forms suggestive of male and female genitals and breasts.</p> <p>She says: “Our own body could be considered, from a topological point-of-view, a landscape with mounds and valleys and caves and holes. So, it seems rather evident to me that our body is a figuration that appears in Mother Earth.”</p> <p>The spiral symbol was also important to Louise Bourgeois. She says</p> <p>“As a child, after washing tapestries in the river, I would turn and twist and ring them ... Later I would dream of my father's mistress. I would do it in my dreams by ringing her neck. The spiral – I love the spiral – it is my attempt at controlling the chaos and represents control and freedom.”</p> <p>Whatever materials and processes Louise Bourgeois used to create her powerful artworks, the main force behind her art was to work through her troubled childhood memories. These memories were not specific, but a layering of emotional responses to the complicated relationship she had with her parents and their relationship with each other. Bourgeois was born in Paris on Christmas Day in 1911. Her parents, Josephine and Louis, ran a tapestry gallery in the 6th arrondissement. Her mother, suffered from ill health and Louise cared for her for long periods of time. Josephine died when Louise was just 22. This, and her father’s unfaithfulness (he had a series of mistresses throughout her mother’s illness), led to anger and a fear of abandonment, both key themes in Bourgeois’s work, and the backdrop of the First World War, which began when she was three years old, made her traumatic memories of childhood even more intense.</p> <p>“Spider” was one of her most famous series of works - in 1947 Louise Bourgeois drew two small ink and charcoal drawings of a spider and fifty years later in the late 1990s, she created a series of steel and bronze spider sculptures.</p> <p>“The spider is an ode to my mother. She was my best friend. Like a spider, my mother was a weaver... Like spiders, my mother was very clever. Spiders are friendly presences that eat mosquitos. We know that mosquitos spread diseases and are therefore unwanted. So, spiders are helpful and protective, just like my mother. I came from a family of repairers. The spider is a repairer. If you bash into the web of a spider, she does not get mad. She weaves and repairs it.”</p> <p>Bourgeois uses the spider, both predator (a sinister threat) and protector (an industrious repairer), to symbolise the mother figure. The spider showed women as protectors: strong, maternal and powerful – Bourgeois’s nod to the unbalanced patriarchal systems and showing the power of women.</p> <p>Another reason she found herself in feminist waters was the timing of her work. Just as she seemed to find her feet in the 1950s, the male-dominated genre of abstract expressionism exploded, making stars of male contemporaries such as Jackson Pollock and Mark Rothko, and overshadowing her sculptures. She began, through her work, to rebel against the patriarchy this represented, because her opinion was that the surrealists made women the object of their work, whereas she was trying to make women the subject.</p>
36	“I have been absolutely terrified	Georgia O’Keeffe	<p>Georgia Totto O’Keeffe (1887 – 1986) was an American artist who was known primarily for her paintings of enlarged flowers. O’Keeffe has been recognized as the "Mother of American modernism" and is also considered by some to be the foremother of the feminist art movement. She worked in a discipline dominated by male artists, critics, gallery owners, and curators, who were all critical of women</p>

	<p>every moment of my life – and I have never let it keep me from doing a single thing”</p>		<p>artists, yet despite these obstacles, O’Keeffe launched a successful career, developing a distinctive painting style that employed organic vulvar forms and floral imagery.</p> <p>She was raised on a farm in Wisconsin and took art lessons from a very young age. Encouraged by her teachers, she graduated high school with the goal of becoming an artist. She attended the Art Institute of Chicago for one year and studied at the Art Students League in New York City, where the dominant emphasis was on realism, an artistic method representing people, places, and things as true to their appearance. In 1908, her last year with the League, she won the William Merritt Chase still life prize for her painting <i>Untitled (Dead Rabbit with Copper Pot)</i>. She then quit painting for four years, claiming later that it was due to her frustration with the tradition she was working in.</p> <p>In 1912, at a summer course for art teachers, Georgia came across the teaching that the artist’s goal was to express his/her own thoughts and feelings, and this provided O’Keeffe with an alternative to the type of realism she had been trained in.</p> <p>Inspired, she began painting again. While working as an art teacher in South Carolina in 1915, O’Keeffe began a series of abstract charcoal paintings and mailed them to a former classmate in New York, who brought them to a celebrated photographer and owner of the well-known gallery “291”- who exhibited O’Keeffe’s work. With his financial assistance, she moved to New York and they fell in love shortly after, and married in 1924.</p> <p>During their marriage, the well-connected Stieglitz promoted O’Keeffe’s work, particularly the close-ups of flowers that she began producing in the mid 1920s. She had numerous one-woman gallery exhibitions, and her first retrospective, <i>Paintings by Georgia O’Keeffe</i>, opened at the Brooklyn Museum in 1927. Her husband died in 1946, and three years later O’Keeffe moved to New Mexico, drawn by its vibrant colours and the unique landscape formations.</p> <p>She was awarded the Medal of Freedom in 1977, as well as the National Medal of Arts in 1985. Although her poor eyesight forced her to stop painting in the 1970s, she continued to work in pencil, watercolor, and clay until her health worsened in 1984. She died in 1986, at the age of ninety-eight.</p> <p>Since the 1920s her work has become more popular, due, in part, to the feminist movement and its reclamation and rediscovery of women’s history. In talking about her work, O’Keeffe said, “The men liked to put me down as the best woman painter. I think I’m one of the best painters” The Georgia O’Keeffe Museum, the first museum in the United States dedicated to a single female artist, opened in 1997 in Santa Fe, New Mexico. It houses 1,149 of her works.</p> <p>What a woman!</p>
37	<p>“Well behaved woman seldom make history” 1976</p>	<p>Laurel Thatcher Ulrich</p>	<p>This is a much loved quote, and is attributed to Eleanor Roosevelt, Anne Boleyn, Marilyn Monroe and Laurel Thatcher Ulrich. Research shows, however, that the earliest evidence of this quote appeared in an academic paper in the journal “American Quarterly” in 1976. The others have repeated the quote, changing the word seldom to “rarely” or “never”.</p> <p>Laurel Thatcher Ulrich (born in 1938) is a Pulitzer Prize-winning American historian specializing in early America and the history of women, and a professor at Harvard University. In 1976, she was a student of University of New Hampshire and earned her Ph.D in history in 1980. The goal of most of her work was the recovery of the history of women who were not featured in history books of the past, and she was</p>

			<p>interested in portraying more fully the lives of ordinary women who were considered “well-behaved” or “virtuous” – looking where others didn’t to highlight “lost” women.</p> <p>She says: “History is essential to many movements for social change. If you believe that things have always been the way they are now, you don’t have a history—because history is the study of how things change over time. But if you can investigate history, and begin to rewrite history, then you have a different orientation toward the future. History is our job. If we just sit and passively accept our own circumstances, nothing will change. So: well-behaved women seldom make history.”</p> <p>As a feminist scholar, Ulrich has made history herself. Her second book, “A Midwife’s Tale: The Life of Martha Ballard”, won the Pulitzer Prize in History—the first book of women’s history to receive the prize.</p> <p>Ballard’s diary was full of references to the household production of cloth, and it occurred to Ulrich that there was a story to be told there, as well. She published “The Age of Homespun: Objects and Stories in the Creation of an American Myth”, examining early American history through 14 domestic objects: not just fabric, but tools such as baskets and spinning wheels, and furniture. When women handed down household goods to their daughters, there was no legal record. Histories of these objects “had to be teased out of provenance records in museums, where you could see where something came from and how it survived over time,” she says. “That taught me a lot about what I would call ‘female lines of inheritance.’”</p> <p>Ulrich’s new book is “A House Full of Females: Plural Marriage and Women’s Rights in Early Mormonism, 1835–1870” examines female activism—women secured the vote in Utah half a century before the passage of the 19th Amendment—and the marriage system, using artifacts such as diaries, ledgers, meeting notes, and quilts.</p>
38	“Through the study of women, you get to the heart and truth of culture”	Shirin Neshat	<p>“I find that through the study of women, you get to the heart – the truth – of the culture.”</p> <p>Iranian contemporary visual artist and filmmaker, Shirin Neshat (born 26th March 1957) gives us a unique lens into the contradictions within Islamic feminism. She uses her situation as a culturally-hybrid individual to mediate the contradiction between Eastern and Western cultures and male and female relationships.</p> <p>Even beyond the Middle East, Shirin Neshat is a household name in the contemporary art world. Working across film, photography and video, she arguably first achieved international acclaim with <i>Rapture</i> (1999), which addresses the relationship between women and the cultural value system of Islam.</p> <p>Born in 1957 in Qazin, Iran, Neshat left to study at the University of California at Berkeley, on the cusp of the Iranian Revolution in 1979. Her earlier work, the <i>Women of Allah</i> series, looks at the intersections of gender, identity and society, particularly poignant at a time when Middle Eastern (and especially Iranian) society disintegrated under the politics of war. Her split-screened video <i>Turbulent</i> (1998) won the First International Prize at the Venice Biennale and she later won the Silver Lion for best director at Venice. Since then, her work has earned major exhibitions at MoMA and the Tate Modern among others, and Huffington Post has named her Artist of the Decade.</p> <p>Famous filmmaker Maryam Keshavarz, says of Neshat “I love her work, she’s operating on another level. I remember seeing <i>Rapture</i> and thinking ‘Oh my god here’s a woman who is not living in Iran but taking those memories and visualizing them, sounding them; that is so visceral and moving beyond the narrative’”.</p>

			<p>Neshat’s contribution to the contemporary art world is undeniable, and still continues to be politically relevant, however, not only concerned with contemporary politics, Neshat’s historical awareness has recently taken a revisionist position. As shown in her most recent film <i>Looking for Oum Kulthum</i> (2018), where she shows an agenda to rewrite women into dominant historical narratives within Middle Eastern culture.</p>
39	The truth will set you free, but first it will piss you off	Gloria Steinem	<p>From her humble Ohio childhood, Gloria Steinem grew up to become an acclaimed journalist, trailblazing feminist, and one of the most visible, passionate leaders and spokeswomen of the women’s rights movement in the late 20th and early 21st centuries. Steinem was born on March 25, 1934 in Toledo, Ohio, the second child and daughter of Leo and Ruth Steinem. Her father worked as a traveling salesman. In 1944, her parents divorced, leaving a young Steinem to take care of her mentally ill mother in Toledo. After graduating high school, her sister came to care for their mother, and Steinem attended Smith College in Massachusetts where she studied government. She graduated and then spent two years studying and researching in India. Her time abroad inspired an interest in grassroots activism, which would later manifest itself in her work with the women’s liberation movement and the Equal Rights Amendment. Steinem started her professional career as a journalist in New York, writing freelance pieces for various publications, which was tough for women in the late 1950s and 1960s, when men ran the newsrooms and women were largely relegated to secretarial and behind-the-scenes research roles. Steinem’s early articles tended to be for what was then called “the women’s pages,” lifestyle or service features about such female-centred or fashion topics as nylon stockings. Steinem once recalled that, “When I suggested political stories to <i>The New York Times Sunday Magazine</i>, my editor just said something like, ‘I don’t think of you that way.’” Undeterred, Steinem pushed on, seeking more substantial social and political reporting assignments. She gained national attention in 1963 when <i>Show</i> magazine hired her to go undercover to report on the working conditions at Hugh Hefner’s Playboy Club. While Steinem’s expose — “I Was a Playboy Bunny” — revealed the not-so-glamorous, sexist, and underpaid life of the bunnies/waitresses. But Steinem struggled to be taken seriously as a journalist after this assignment. She worked hard to make a name for herself, and in 1968, she helped found <i>New York</i> magazine, where she became an editor and political writer. At <i>New York</i> magazine, Steinem reported on political campaigns and progressive social issues, including the women’s liberation movement and first spoke publicly in 1969 at a speak-out event to legalize abortion in New York State, where she shared the story of the abortion she had overseas when she was 22 years old. The event proved life-changing, sparking Steinem’s feminism and engagement with the women’s movement. She attended and spoke at numerous protests and demonstrations, and her strong intellect made her an in-demand media guest and movement spokesperson. In 1970, feminist activists staged a take-over of <i>Ladies Home Journal</i>, arguing that the magazine only offered articles on housekeeping but failed to cover women’s rights and the women’s movement. Steinem soon realized the value of a women’s movement magazine and joined forces with journalists Patricia Carbine and Letty Cottin Pogrebin to found <i>Ms.</i> Magazine. It debuted in 1971 as an insert in <i>New York</i> magazine but in 1972, <i>Ms.</i> became an independent, regular circulation magazine. Steinem remained an editor and writer for the magazine for the next fifteen years and continues to support it to the present. Steinem’s life has been dedicated to the cause of women’s rights, as she led marches and toured the country as an in-demand speaker. In 1972, Steinem and feminists such as Congresswoman Bella Abzug, Congresswoman Shirley Chisholm, and feminist Betty Friedan formed the</p>

			<p>National Women’s Political Caucus. It continues to support gender equality and to ensure the election of more pro-equality women to public office. Other organizations Steinem has co-founded in her vast career include the Women’s Action Alliance (1971), which promotes non-sexist, multi-racial children’s education; the Women’s Media Center (2004) to promote positive images of women in media; Voters for Choice (1977), a prochoice political action committee; and the Ms. Foundation for Women. In the 1990s, she helped establish Take Our Daughters to Work Day, the first national effort to empower young girls to learn about career opportunities.</p> <p>In 2000, at age 66, the long single Steinem married for the first time in a Cherokee ceremony in Oklahoma. Her husband, entrepreneur and activist David Bale, sadly died of lymphoma four years later.</p> <p>An award-winning and prolific writer, Steinem has authored several books, including a biography on Marilyn Monroe, and the best-selling <i>My Life on the Road</i>. Her work has also been published and reprinted in numerous anthologies and textbooks. In 2013, President Barack Obama presented her with the Presidential Medal of Freedom, the highest civilian honour.</p>
40	“For most of history, anonymous was a woman”	Virginia Woolf	<p>Adeline Virginia Woolf (1882-1941) was an extremely important female author, and before her death at the age of 59, she published several novels and feminist essays. She was an outsider for her incredibly actual and free vision of the woman in the society and was a pioneer of the early twentieth century feminism. With her job as journalist and writer, she increased the self-confidence of many women during the Nineteenth century.</p> <p>Born as the third child of Sir Leslie Stephen, the editor of the “Dictionary of National Biography”, and his second wife Julia Duckworth, Virginia and her siblings grew up in London where she had always had easy access to education, such as private classes in Latin and Greek - which was not a common case for girls in Victorian times - and also to her father’s library.</p> <p>Her mother’s death in 1895 and, seven years later, her father’s death of cancer affected Virginia greatly and after traveling to Spain, she returned to London and got married in 1912 to Leonard Woolf.</p> <p>In 1918, Leonard and Virginia Woolf published the first edition of Virginia’s short story “Key Garden”, followed by many books, including “To the Lighthouse” (1927) and “A Room of One’s own” (1929). They printed the Hogarth Press in their own house in London.</p> <p>She had almost finished her last novel “Between the Acts” when her mental state became more and more unstable and she sadly drowned herself in a River in Sussex.</p> <p>Virginia Woolf wrote about the detriments caused by gender-influenced salaries long before moves were made to change legislation. In <i>A Room of One’s Own</i>, she famously explains that without financial freedom, women cannot possess full creative or intellectual freedom. While Woolf’s essay directly evaluates the role of education -- which was withheld from many women of her time -- she goes on to equate schooling with income and self-sufficiency. She says "take no advice, follow your own instincts, use your own reason, come to your own conclusions."</p>
41	“Free thinking, powerful, passionate women are	Lucy Pearce	<p>“Free thinking, powerful, passionate women are dangerous to a conservative male-dominated culture. They tend to do what they want and believe it is right... not what you tell them.”</p> <p>BURNING WOMEN</p> <p>Lucy H. Pearce, 32, lives and breathes the creative rainbow mother archetype in a little pink house on the south coast of Ireland. She is an established writer, editor, artist, women's workshop facilitator and mother of three young children.</p>

	dangerous to a conservative male-dominated culture.”		<p>She is the author of seven life-changing non-fiction books for women, including her best-selling – BURNING WOMEN - an incendiary exploration of women and power – written for every woman who burns with passion, has been burned with shame, and in another time or place would be burned at the stake.</p> <p>Lucy’s work is dedicated to supporting women’s empowered, embodied expression through her writing, teaching and art. She runs Womancraft Publishing – creating life-changing, paradigm-shifting books by women, for women.</p>
42	“My misfortune has turned out to be my greatest blessing”	Annette Kellerman	<p>Annette Kellerman was 6 when she developed weakness in her legs. This required her to wear painful steel braces. To help her recover, her parents enrolled her into swimming classes.</p> <p>As a teen, her legs recovered and she became a champion swimmer, a record holder in the 100 yard and mile races in Australia. But more than just swimming, she became famous for advocating women’s rights.</p> <p>In a time when women were expected to wear dress and pantaloons to swim, she wore a one piece suit.</p> <p>“I can’t swim wearing more stuff than you hang on a clothes line”</p> <p>And while doing so led to her arrest in 1907 in Massachusetts for indecency. With time, she helped change the social norms and the one piece suit became a popular swimsuit for women.</p>
43	“If you’re not in the arena also getting your ass kicked, I’m not interested in your feedback”	Brené Brown	<p>Brené Brown (born November 1965) is an American professor, lecturer and author who holds an Endowed Chair at the University of Houston's Graduate College of Social Work and is a visiting professor in management at McCombs School of Business at the University of Texas. She has studied courage, shame, empathy and vulnerability for two decades and has amassed high success and officially gone “mainstream” becoming the author of five number one New York Times bestsellers.</p> <p>She says “I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is “Courage over comfort.” I do NOT believe that cussing and praying are mutually exclusive, and, I absolutely believe that the passing lane is for passing only.”</p>
44	“And the day came when the risk it took to remain tight in the bud was more painful than the risk it	Anaïs Nin	<p>Angela Anaïs Juana Antolina Rosa Edelmira Nin y Culmell (1903 – 1907), known professionally as Anaïs Nin, was a French-Cuban American diarist, essayist, novelist and writer of short stories and erotica.</p> <p>In her lifetime, Nin caused controversy - for one thing, she was a woman who wrote explicitly about sex from a female point of view, included frank portrayals of illegal abortions, extramarital affairs and incest, all of which Nin wrote about without judging her female characters. That’s brave in 2015; in 1940, it was career suicide. She also believed that she was by far her most fascinating character, and that her diaries ought to be treated as a major work of literature – leading to her being accused of narcissism, sociopathy and sexual perversion time and again. But, Nin was the first of her kind. And, like all truly unique talents, she was worshipped by some, hated by many, and misunderstood by most.</p>

	took to blossom.” 1979		The Diary of Anaïs Nin was published in 1966 - a monumental life’s work that Nin was completing in secret –spanning seven volumes and 50 years. Reviews were amazing, and sales were too and so began the age of Anaïs Nin, feminist icon: worshipped by young women who believed she had provided the first real account of how a woman could thrive in the male-dominated world of literature.
45	“Imperfection is beauty”	Marilyn Monroe	<p>“Imperfection is beauty, madness is genius and it’s better to be absolutely ridiculous than absolutely boring.”</p> <p>Marilyn Monroe (1926 – 1962) was an American actress, model, and singer. Famous for playing comedic "blonde bombshell" characters, she became one of the most popular sex symbols of the 1950s and early 1960s and was emblematic of the era's changing attitudes towards sexuality.</p> <p>Born Norma Jeane Mortenson in Los Angeles, California, she was later given her mother’s name, and baptized Norma Jeane Baker. After a tumultuous childhood—both maternal grandparents and her mother were committed to mental institutions, and she lived with a string of foster families—Norma Jeane married one of her neighbours, James Dougherty, when she was 16. He later joined the Merchant Marines and was sent to the South Pacific during World War 2. A photographer “discovered” the naturally photogenic Norma Jeane while she was working in a California ammunition factory, and she was soon launched into a successful modelling career. She divorced Dougherty in June 1946 and soon after signed a film contract with 20th Century Fox.</p> <p>At the outset of her acting career, Norma Jeane dyed her brown hair blonde and changed her name again, calling herself Marilyn Monroe (Monroe was her grandmother’s last name), going on to star in films such as “Gentleman Prefer Blondes” and “How to Marry a Millionaire” and “Some like it Hot”. In January 1954, she married baseball star Joe DiMaggio but he was notoriously uncomfortable with his wife’s sexy public image, and her wild popularity. They divorced after only nine months of marriage but remained good friends. (After Monroe’s death, DiMaggio famously sent roses to her grave several times a week for more than three decades, until his own death in 1999.)</p> <p>By 1961, trouble in Monroe’s personal life—her third marriage, to the acclaimed playwright Arthur Miller, dissolved after four years—had led to her increasing emotional fragility, and that year she was admitted on two occasions to hospitals for psychiatric observation and on August 5, 1962, Marilyn Monroe was found dead from an overdose of barbiturates in her home in Brentwood, California. She was 36 years old.</p> <p>Since she was such a complex character, Marilyn Monroe found herself stuck in the middle of two different types of women: those who were disgusted or intimidated by her glamour and wanted her to tone everything down, and those who loved her look just as it was and wanted her to stop trying to be taken seriously. Marilyn shared her views on the subject in 1959: “I’d like to be known as a real actress and human being,” she said, “but listen, there’s nothing wrong with glamour either. I think everything adds up. I’ll never knock glamour. But I want to be in the kind of pictures where I can develop seriously as a woman, not just wear tights.”</p> <p>Marilyn was a strong woman who consistently fought for what she believed in.</p>
46	“Ordinary life does not interest me”	Anaïs Nin	<p>Angela Anaïs Juana Antolina Rosa Edelmira Nin y Culmell (1903 – 1907), known professionally as Anaïs Nin, was a French-Cuban American diarist, essayist, novelist and writer of short stories and erotica.</p> <p>In her lifetime, Nin caused controversy - for one thing, she was a woman who wrote explicitly about sex from a female point of view, included frank portrayals of illegal abortions, extramarital affairs and incest, all of which Nin wrote about without judging her female characters. That’s brave in 2015; in 1940, it was career suicide. She also believed that</p>

			<p>she was by far her most fascinating character, and that her diaries ought to be treated as a major work of literature – leading to her being accused of narcissism, sociopathy and sexual perversion time and again. But, Nin was the first of her kind. And, like all truly unique talents, she was worshipped by some, hated by many, and misunderstood by most.</p> <p>The Diary of Anaïs Nin was published in 1966 - a monumental life's work that Nin was completing in secret –spanning seven volumes and 50 years. Reviews were amazing, and sales were too and so began the age of Anaïs Nin, feminist icon: worshipped by young women who believed she had provided the first real account of how a woman could thrive in the male-dominated world of literature.</p>
47	<p>“There shall never be another season of silence until women have the same rights as men on this green earth”</p>	Susan B Anthony	<p>Susan B. Anthony (1820 – 1906) was an American social reformer and women's rights activist who played a pivotal role in the women's suffrage movement. Born into a Quaker family committed to social equality, she collected anti-slavery petitions at the age of 17. Champion of abolition and equal pay for equal work, Susan Brownell Anthony became one of the most visible leaders of the women's suffrage movement. Along with Elizabeth Cady Stanton, she travelled around the country delivering speeches in favour of women's suffrage.</p> <p>She was born on February 15th in Adams, Massachusetts. Her father, Daniel, was a farmer and later a cotton mill owner and manager and was raised as a Quaker. Her mother, Lucy, came from a family that fought in the American Revolution and served in the Massachusetts state government. From an early age, she was inspired by the Quaker belief that everyone was equal under God. That idea guided her throughout her life – as it did her seven brothers and sisters, many of whom became activists for justice and emancipation of slaves.</p> <p>After many years of teaching, Susan B Anthony returned to her family who had moved to New York State. There she met William Lloyd Garrison and Frederick Douglass, who were friends of her father. Listening to them moved Susan to want to do more to help end slavery. She became an abolition activist, even though most people thought it was improper for women to give speeches in public. Anthony made many passionate speeches against slavery.</p> <p>In 1848, a group of women held a convention at Seneca Falls, New York. It was the first Women's Rights Convention in the United States and began the Suffrage movement. Her mother and sister attended the convention, but Susan did not.</p> <p>In 1851, Anthony met Elizabeth Cady Stanton. The two women became good friends and worked together for over 50 years fighting for women's rights. They travelled the country and Anthony gave speeches demanding that women be given the right to vote. At times, she risked being arrested for sharing her ideas in public.</p> <p>She was good at strategy and her discipline, energy, and ability to organize made her a strong and successful leader. Anthony and Stanton co-founded the American Equal Rights Association and in 1868 they became editors of the Association's newspaper, <i>The Revolution</i>, which helped to spread the ideas of equality and rights for women. Anthony began to lecture to raise money for publishing the newspaper and to support the suffrage movement and became famous throughout the county. Many people admired her, yet others hated her ideas.</p> <p>The 2 women also formed the National Woman Suffrage Association, to push for a constitutional amendment giving women the right to vote.</p> <p>In 1872, Anthony was arrested for voting. She was tried and fined \$100 for her crime. This made many people angry and brought national attention to the suffrage movement.</p>

			<p>Anthony spent her life working for women’s rights. In 1888, she helped to merge the two largest suffrage associations into one - the National American Women’s Suffrage Association. She led the group until 1900 as well as travelling around the country giving speeches, gathering thousands of signatures on petitions, and lobbying Congress every year for women. Anthony died in 1906, 14 years before women were given the right to vote with the passage of the 19th Amendment in 1920.</p>
48	<p>“No one can make you feel inferior without your consent”</p>	<p>Eleanor Roosevelt</p>	<p>A shy, insecure child, Eleanor Roosevelt (1884 – 1962) would grow up to become one of the most important and beloved First Ladies, authors, reformers, and female leaders of the 20th century.</p> <p>Born on October 11, 1884 in New York City, Anna Eleanor Roosevelt was the first of Elliot and Anna Hall Roosevelt’s three children. Her family was affluent and politically prominent, and while her childhood was in many ways blessed, it was also marked by hardship: her father’s alcoholism, as well as the deaths of both parents and one of her brothers before she was ten years old. She was raised by her harsh and critical maternal grandmother, who damaged Eleanor’s self-esteem. Timid and awkward, she believed that she compared badly with other girls.</p> <p>In 1899, Roosevelt began her three years of study at London’s Allenswood Academy, where she became more independent and confident, returning to New York for her social debut in 1902, where she became involved with the settlement house movement, teaching immigrant children and families. In 1905, after a long courtship, she married her distant cousin Franklin Delano Roosevelt, a charming, Harvard graduate in his first year of law school at Columbia University. Her uncle and close relative, President Theodore Roosevelt, walked her down the aisle. The Roosevelts settled in New York, where Eleanor found herself under the thumb of her controlling mother-in-law, Sara Roosevelt, who, like her grandmother earlier, was harsh in her criticism of her daughter-in-law. While Franklin advanced his career, his wife raised their daughter and four sons under the watchful eye of her belittling mother-in-law.</p> <p>All that changed in 1911, when Franklin was elected to the New York State Senate, and the couple moved to Albany, away from Sara. Two years later, the Roosevelts moved to Washington, DC, and when World War I broke out, she volunteered with various relief agencies. Roosevelt promoted women’s political engagement, playing a leadership role in several organizations, including the League of Women Voters and the Women’s Trade Union League and soon became the most politically active and influential First Lady in history.</p> <p>In the White House from 1933 to 1945, First Lady Roosevelt kept a dizzying schedule. She wrote nearly 3,000 articles in newspapers and magazines, including a monthly column in Women’s Home Companion, donating what she earned from the column to charity. She also authored six books and travelled nationwide delivering countless speeches. She held weekly press conferences with women reporters who she hoped would get her message to the American people.</p> <p>Roosevelt had immense influence on her husband’s decisions as president and in shaping America, and her political activism did not end with her husband’s death in 1945. Appointed in 1946, she served for more than a decade as a delegate to the United Nations, the institution established by her husband, and embraced the cause of world peace. She not only chaired the United Nations Human Rights Commission, she also helped write the 1948 United Nations Declaration of Human Rights, as well as chairing the President’s Commission on the Status of Women, which released a ground-breaking study about gender discrimination a year after her death in 1963. She also worked on the Equal Pay Act that was passed that same year. Roosevelt’s commitment to racial justice was evident in her civil rights work and efforts to push</p>

			<p>Washington to take swifter action in housing desegregation and protections for Freedom Riders and other activists. Kennedy nominated Roosevelt for the Nobel Peace Prize and though she did not win, she remained at the top of national polls ranking the most respected women in America decades after her death.</p> <p>She dramatically changed the role of the first lady, advocating for human rights, women’s rights and children’s causes, and has definitely made history HERstory.</p>
49	<p>“If you’re always trying to be normal, you’ll never know how amazing you can be”</p>	Maya Angelou	<p>Maya Angelou (1928 – 2014) was an amazing woman with an incredible life story. She was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees.</p> <p>When she was 8 years old, Maya Angelou stopped speaking. She silenced her voice because she thought her voice had killed a man and for almost five years, she spoke to no one but her beloved brother, Bailey. The man she believed she had killed with her voice - her mother's boyfriend, Mr. Freeman - had raped her. After she testified against him in his trial, he was convicted and sentenced, but released from jail. Four days later, he was found dead. Murdered. Probably by Angelou's uncles, her memoir implies.</p> <p>Angelou told this story in her first book, "I Know Why the Caged Bird Sings," her groundbreaking memoir about her childhood. Published in 1969, when she was 41 years old, the book established her voice – the one she had silenced as a child - as one of the most important in American literature.</p> <p>Her work and her life offer readers a personal journey through the African American experience of the 20th century, writing with blazing honesty about racism, rape, her pregnancy at 16 and the deep fractures in her own family. Her strong voice speaks to countless readers as her themes of finding identity, strength, economic, racial, and sexual oppression and courage carry deep resonance. Besides writing of racial inequality, Angelou wrote many empowering poems about women and their rights; she wrote about the hypocrisy of the world, and injustice, but also about love and nature.</p> <p>One of Angelou’s most recognizable poems is one about the power of women titled “Phenomenal Woman”. In this poem, Angelou speaks out about the dignity of being a woman, about self-pride and female grace. It is about sex appeal, about the inner power that radiates through in an inexplicable way. This kind of strength has nothing to do with a dress size or other beauty standards that are imposed on women: it has a deeper meaning, as it is connected to one’s identity. A woman is therefore not only beautiful (as beautiful is something that is usually linked to outer beauty), but also phenomenal:</p> <p>“It’s the fire in my eyes, And the flash of my teeth, The swing in my waist, And the joy in my feet. I’m a woman Phenomenally. Phenomenal woman, That’s me.”</p>

50	<p>“One of the best things that has ever happened to me is that I’m a woman. That is the way all females should feel”</p>	Marilyn Monroe	<p>Marilyn Monroe (1926 – 1962) was an American actress, model, and singer. Famous for playing comedic "blonde bombshell" characters, she became one of the most popular sex symbols of the 1950s and early 1960s and was emblematic of the era's changing attitudes towards sexuality.</p> <p>Born Norma Jeane Mortenson in Los Angeles, California, she was later given her mother’s name, and baptized Norma Jeane Baker. After a tumultuous childhood—both maternal grandparents and her mother were committed to mental institutions, and she lived with a string of foster families—Norma Jeane married one of her neighbours, James Dougherty, when she was 16. He later joined the Merchant Marines and was sent to the South Pacific during World War 2. A photographer “discovered” the naturally photogenic Norma Jeane while she was working in a California ammunition factory, and she was soon launched into a successful modelling career. She divorced Dougherty in June 1946 and soon after signed a film contract with 20th Century Fox.</p> <p>At the outset of her acting career, Norma Jeane dyed her brown hair blonde and changed her name again, calling herself Marilyn Monroe (Monroe was her grandmother’s last name), going on to star in films such as “Gentleman Prefer Blondes” and “How to Marry a Millionaire” and “Some like it Hot”. In January 1954, she married baseball star Joe DiMaggio but he was notoriously uncomfortable with his wife’s sexy public image, and her wild popularity. They divorced after only nine months of marriage but remained good friends. (After Monroe’s death, DiMaggio famously sent roses to her grave several times a week for more than three decades, until his own death in 1999.)</p> <p>By 1961, trouble in Monroe’s personal life—her third marriage, to the acclaimed playwright Arthur Miller, dissolved after four years—had led to her increasing emotional fragility, and that year she was admitted on two occasions to hospitals for psychiatric observation and on August 5, 1962, Marilyn Monroe was found dead from an overdose of barbiturates in her home in Brentwood, California. She was 36 years old.</p> <p>Since she was such a complex character, Marilyn Monroe found herself stuck in the middle of two different types of women: those who were disgusted or intimidated by her glamour and wanted her to tone everything down, and those who loved her look just as it was and wanted her to stop trying to be taken seriously. Marilyn shared her views on the subject in 1959: “I’d like to be known as a real actress and human being,” she said, “but listen, there’s nothing wrong with glamour either. I think everything adds up. I’ll never knock glamour. But I want to be in the kind of pictures where I can develop seriously as a woman, not just wear tights.”</p> <p>Marilyn was a strong woman who consistently fought for what she believed in.</p>
51	<p>“Let go of who you think you’re supposed to be; embrace who you are”</p>	Brené Brown	<p>Brené Brown (born November 1965) is an American professor, lecturer and author who holds an Endowed Chair at the University of Houston's Graduate College of Social Work and is a visiting professor in management at McCombs School of Business at the University of Texas. She has studied courage, shame, empathy and vulnerability for two decades and has amassed high success and officially gone “mainstream” becoming the author of five number one New York Times bestsellers.</p> <p>She says “I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is “Courage over comfort.” I do NOT believe that cussing and praying are mutually exclusive, and, I absolutely believe that the passing lane is for passing only.”</p>

52	“In her life she is the proof of woman’s capacity and will to survive”	Andrea Dworking	<p>“In her heart she is a mourner for those who have not survived. In her soul she is a warrior for those who are now as she was then. In her life she is both celebrant and prof of women’s capacity and will to survive, to become, to act, to change self and society. And each year she is stronger and there are more of her.”</p> <p>Andrea Rita Dworkin (1946 – 2005) was an American radical feminist activist and writer. She is best known for her analysis of pornography, although her feminist writings, beginning in 1974, span 40 years. They are found in a dozen solo works: nine books of non-fiction, two novels, and a collection of short stories – possibly her most well-known is “Pornography: Men Possessing Women” (1981).</p> <p>Addressing an anti-sexist men’s organisation in 1983, in an acclaimed speech, she says: “The power exercised by men, day to day, in life is power that is institutionalised. It is protected by law. It is protected by religion and religious practice. It is protected by universities, which are strongholds of male supremacy. It is protected by a police force. Against that power, we have silence.”</p> <p>Many articles written about her claimed that Dworkin personified hate. The media often said she hated men, hated sex and hated sexual freedom and in 1998, a writer in the London Review of Books saw fit to give his view on her appearance (“overweight and ugly”) and how her “frustration” at not having enough sex “has turned her into a man-hater”.</p> <p>When asked how she did the work she did and stayed sane, she replied: “I keep the stories of the women in my heart”.</p> <p>She was motivated by an innate desire to rid the world of pain and oppression.</p> <p>In the early 1970s, Dworkin spoke of her own experiences of sexual abuse and violence at a time when few did, and always said that until women at the “bottom of the pile” were liberated, none of us could be.</p> <p>Dworkin would never be silenced, and once said: “Women will come back to feminism, because things are going to get far, far worse for us before they get better.”</p>
53	“A religion without a Goddess is halfway to atheism”	Dion Fortune	<p>Dion Fortune (1890 – 1946) was a British occultist, ceremonial magician, novelist and author. She was a co-founder of the Fraternity of the Inner Light, an occult organisation that promoted philosophies which she claimed had been taught to her by spiritual entities known as the Ascended Masters.</p> <p>She was born Violet Mary Firth in Llandudno, North Wales on 6th December. Her interest in occultism was sparked in 1916, but becoming discontented with the performance of existing organisations she set about founding her own esoteric group. This was based in an old officer's mess hut erected at the foot of Glastonbury Tor, that they named Chalice Orchard, and which was the first headquarters of the Community (later Fraternity and then Society) of the Inner Light. Soon afterwards they also acquired a house in the Bayswater district of London which was big enough to accommodate some members in as well as to contain office facilities and a magical lodge.</p> <p>Working in trance mediumship, Dion Fortune made contacts with certain inner plane adepts, or Masters, whose influence on the Western Esoteric Tradition is still vital to this day.</p> <p>During this period Dion Fortune wrote several esoteric novels to illustrate the possible practical application of the content of her textbooks and articles in her house journal, the <i>Inner Light Magazine</i>.</p> <p>During the 2nd World War, she organised her own contribution to the war effort on a magical level, with an extended meditation group, and continued to operate in the midst of the Blitz despite a bomb bringing down the roof of her headquarters in 1940. This period was well covered by a series of weekly and then monthly letters to students, later published as <i>Dion Fortune's Magical Battle of Britain</i>.</p>

			<p>In early January 1946 Dion Fortune returned from Glastonbury feeling tired and unwell, was admitted to Middlesex Hospital in London and died a few days later from leukaemia, at the comparatively young age of 55. She is buried in the municipal cemetery at Glastonbury, with the remains of her close friend and colleague Charles Thomas Loveday close by.</p> <p>The Society of the Inner Light (the name was changed for legal reasons) continued to operate in much the same way for some years after Dion Fortune's death and continues today as an initiatory school with much the same principles as those upon which it was originally founded.</p>
54	<p>“No need to hurry, no need to sparkle. No need to be anything but oneself”</p>	Virginia Woolf	<p>Adeline Virginia Woolf (1882-1941) was an extremely important female author, and before her death at the age of 59, she published several novels and feminist essays. She was an outsider for her incredibly actual and free vision of the woman in the society and was a pioneer of the early twentieth century feminism. With her job as journalist and writer, she increased the self-confidence of many women during the Nineteenth century.</p> <p>Born as the third child of Sir Leslie Stephen, the editor of the “Dictionary of National Biography”, and his second wife Julia Duckworth, Virginia and her siblings grew up in London where she had always had easy access to education, such as private classes in Latin and Greek - which was not a common case for girls in Victorian times - and also to her father’s library.</p> <p>Her mother’s death in 1895 and, seven years later, her father’s death of cancer affected Virginia greatly and after traveling to Spain, she returned to London and got married in 1912 to Leonard Woolf.</p> <p>In 1918, Leonard and Virginia Woolf published the first edition of Virginia’s short story “Key Garden”, followed by many books, including “To the Lighthouse” (1927) and “A Room of One’s own” (1929). They printed the Hogarth Press in their own house in London.</p> <p>She had almost finished her last novel “Between the Acts” when her mental state became more and more unstable and she sadly drowned herself in a River in Sussex.</p> <p>Virginia Woolf wrote about the detriments caused by gender-influenced salaries long before moves were made to change legislation. In A Room of One's Own, she famously explains that without financial freedom, women cannot possess full creative or intellectual freedom. While Woolf's essay directly evaluates the role of education -- which was withheld from many women of her time -- she goes on to equate schooling with income and self-sufficiency. She says "take no advice, follow your own instincts, use your own reason, come to your own conclusions.”</p>
55	<p>“Am I good enough? Yes, I am”</p>	Michelle Obama	<p>Michelle LaVaughn Robinson Obama (born 17th January 1964) is an American attorney and author who was the first lady of the United States from 2009 to 2017. She is married to the 44th president of the United States, Barack Obama, and was the first African-American first lady.</p> <p>Michelle has been creating her own legacy in many ways, including the “Let Girls Learn” initiative started in March 2015. The idea of it is to help educate the 62 million girls around the world who aren’t in school. She says:</p> <p>“I see myself in these girls, I see my daughters in these girls, and I simply cannot walk away from them. I plan to keep raising my voice on their behalf for the rest of my life. I plan to keep urging world leaders to invest in their potential and create societies that truly value them as human beings. I plan to keep reaching out to local leaders, families, and girls themselves to raise awareness about the power of sending girls to school.”</p>

			<p>Her speeches are always full of inspiration. One of her most famous speeches consisted of the following inspirational words: “The women we honour today teach us three very important lessons. One, that as women, we must stand up for ourselves. The second, as women, we must stand up for each other. And finally, as women, we must stand up for justice for all.”</p> <p>She also spoke directly to men at the United State of Women Summit. “Be better at everything. Be better fathers. Good lord, just being good fathers who love your daughters and are providing a solid example of what it means to be a good man in the world, showing them what it feels like to be loved. That is the greatest gift that the men in my life gave to me.”</p> <p>And when she addressed a group of young African leaders in 2014, she made it really clear that respect for women is critical when it comes to making a nation successful, saying:</p> <p>“No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contributions of half of its citizens”.</p> <p>She uses her status to powerfully and emotively speak out about the oppressed circumstances many African women find themselves in. She said: “Any man who uses his strength to oppress women is a coward, and he is holding back the progress of his family and his country.”</p>
56	“And then all will live in harmony with each other and the earth”	Judy Chicago	<p>“And then all that has divided us will merge. And then compassion will be wedded to power. And then softness will come to a world that is harsh and unkind. And then both men and women will be gentle. And then both women and men will be strong. And then no person will be subject to another’s will. And then all will be rich and free and varied. And then the greed of some will give way to the needs of many. And then all will care for the sick and the weak and the old. And then all will nourish the young. And then all will cherish life’s creatures. And then all will live in harmony with each other and the earth. And then everywhere will be called Eden once again.”</p> <p>Judy Chicago (born 20th July 1939) is an American feminist artist, art educator, and writer known for her large collaborative art installation pieces about birth and creation images, which examine the role of women in history and culture.</p> <p>Born in Chicago, she now lives and still works in New Mexico and her career spans five decades. Chicago studied at the University of California, Los Angeles, graduating with a Master’s Degree in painting and sculpture in 1964. In 1970 she launched the first feminist art programme at the California State University, Fresno. At the same time, Chicago dropped her birth name in favour of her birthplace, as a gesture of breaking away from the patriarchal tradition of a woman taking their father’s or husband’s name.</p> <p>Chicago’s unifying goal of her work is to make a place for female-centred imagery and to overcome the erasure of women’s achievements in art and society. Chicago’s most influential work, and a milestone in twentieth-century art, is the iconic installation <i>The Dinner Party</i> 1974–9,</p>

			<p>consisting of a large-scale triangular table complete with intricate table settings each laid for a different woman in history .which is today a permanent exhibition housed at the Elizabeth A. Sackler Center for Feminist Art at the Brooklyn Museum.</p> <p>Judy Chicago is considered one of the most prominent voices in ongoing dialogue about women and art and she consistently challenges the male-dominated art world seeking to draw attention to traditionally dismissed crafts, such as needlework and ceramics. She says: “I am trying to make art that relates to the deepest and most mythic concerns of human kind and I believe that, at this moment of history, feminism is humanism.”</p> <p>Some other Judy Chicago quotes I love are:</p> <p>“...female deities were gradually overshadowed by or incorporated into the attributes of a number of male gods, then eclipsed by the ascendance of the single male deity that now dominates.”</p> <p>“historically, women have either been excluded from the process of creating the definitions of what is considered art or allowed to participate only if we accept and work within existing mainstream designations. If women have no real role as women in the process of defining art, then we are essentially prevented from helping to shape cultural symbols.”</p>
57	“Every great dream begins with a dreamer”	Harriet Tubman	<p>Known as the “Moses of her people,” Harriet Tubman (1820 – 1913) was enslaved, escaped, and helped others gain their freedom as a “conductor” of the Underground Railroad. Tubman also served as a scout, spy, guerrilla soldier, and nurse for the Union Army during the Civil War. She is considered the first African American woman to serve in the military.</p> <p>Tubman’s exact birth date is unknown but estimates place it between 1820 and 1822 in Dorchester County, Maryland. Born Araminta Ross, the daughter of Harriet Green and Benjamin Ross, Tubman had eight siblings. By age five, Tubman’s owners rented her out to neighbours as a domestic servant. Early signs of her resistance to slavery and its abuses came at age twelve when she intervened to keep her master from beating an enslaved man who tried to escape. She was hit in the head with a two-pound weight, leaving her with a lifetime of severe headaches and narcolepsy.</p> <p>Although slaves were not legally allowed to marry, Tubman entered a marital union with John Tubman, a free black man, in 1844. She took his name and dubbed herself Harriet.</p> <p>Contrary to legend, Tubman did not create the Underground Railroad; it was established in the late eighteenth century by black and white abolitionists. Tubman likely benefitted from this network of escape routes and safe houses in 1849, when she and two brothers escaped north. Her husband refused to join her, and by 1851 he had married a free black woman. Tubman returned to the South several times and helped dozens of people escape. Her success led slaveowners to post a \$40,000 reward for her capture or death.</p> <p>Tubman was never caught and never lost a “passenger” and participated in other antislavery efforts.</p> <p>Through the Underground Railroad, Tubman learned the towns and transportation routes characterizing the South—information that made her important to Union military commanders during the Civil War. As a Union spy and scout, Tubman often transformed herself into an aging woman. She would wander the streets under Confederate control and learn from the enslaved population about Confederate troop placements and supply lines. Tubman helped many of these individuals find food, shelter, and even jobs in the North. She also became a respected guerrilla operative. As a nurse, Tubman dispensed herbal remedies to black and white soldiers dying from infection and disease.</p>

			<p>After the war, Tubman raised funds to aid freedmen, joined Elizabeth Cady Stanton and Susan B. Anthony in their quest for women's suffrage, cared for her aging parents, and worked with white writer Sarah Bradford on her autobiography as a potential source of income. She married a Union soldier Nelson Davis, also born into slavery, who was more than twenty years her junior. Residing in Auburn, New York, she cared for the elderly in her home and in 1874, the Davises adopted a daughter. After an extensive campaign for a military pension, she was finally awarded \$8 per month in 1895 as Davis's widow (he died in 1888) and \$20 in 1899 for her service. In 1896, she established the Harriet Tubman Home for the Aged, on land near her home. Tubman died in 1913 and was buried with military honours at Fort Hill Cemetery in Auburn, New York.</p>
58	<p>"When your heart is right, your mind and body will follow"</p>	<p>Coretta Scott King</p>	<p>"When the heart is right, the mind and the body will follow."</p> <p>Although best known for being the wife of famed civil rights leader Dr. Martin Luther King Jr., Coretta Scott King (1927 – 2006) created her own legacy in the movement to end injustice. She also worked to continue her husband's legacy after his death.</p> <p>Coretta Scott was born in Marion, Alabama on April 27th. King's parents were both entrepreneurs and her mother was musically talented. As a child, King expressed interest in music and quickly excelled in grade school as lead in the choir. She was the valedictorian in high school and went on to receive her BA in music from Antioch College in Yellow Springs, Ohio. King was awarded a scholarship to further her music studies at the New England Conservatory of Music in Boston, Massachusetts. While studying at the school King was introduced to then, doctoral student Martin Luther King Jr. Although she was not initially attracted to him, the two began to date, and married in 1953. One year later King graduated from the Conservatory of Music and the couple moved to Montgomery, Alabama. Martin took a position as the pastor of Dexter Avenue Baptist Church and the church became a centre for the Civil Rights Movement in Alabama - and eventually the country. Due to her family's participation in the movement King often received death threats. As a result, the couple's house was a continuous target for white supremacist groups. Throughout her marriage, King appeared side by side with her husband fighting against injustice. She also openly criticized the movement's exclusion of women. The Kings had four children and often when Martin was travelling Coretta remained at home, managing a full household on her own.</p> <p>Dr. Martin Luther King Jr. was assassinated on April 4th, 1968 in Memphis, Tennessee, yet Coretta Scott King continued to support several issues, openly expressed disdain for the Vietnam War, supporting several women's right causes and travelling internationally, lecturing about racism and economic issues. In 1969, King was awarded the Universal Love Award, becoming the first non-Italian to hold the distinction, and she established the King Center, a memorial which focused on protecting and advancing her husband's legacy.</p> <p>Coretta Scott King died on January 30th, 2006 from complications due to ovarian cancer and her funeral was attended by several presidents and heads of states who expressed their sadness in losing another prominent figure in the fight for equality. She is buried alongside her husband in Atlanta, Georgia.</p>
59	<p>"I don't want to get to the end of my life and realise I lived</p>	<p>Diane Ackerman</p>	<p>Diane Ackerman (born 7th October 1948) is an American poet, essayist, and naturalist known for her wide-ranging curiosity and poetic explorations of the natural world.</p> <p>Her essays have appeared in <i>The New York Times</i>, <i>Smithsonian</i>, <i>Parade</i>, <i>The New Yorker</i>, <i>National Geographic</i>, and many other journals, and her research has taken her to such diverse locales as Mata Atlantic in Brazil (working with endangered golden lion tamarins), Patagonia (right whales), Hawaii (humpback whales), California (tagging monarch butterflies at their overwintering sites), French</p>

	just the length of it. I want to have lived the width of it as well”		Frigate Shoals (monk seals), Toroshima, Japan (short-tailed albatross), Texas (with Bat Conservation International), the Amazon rainforest, and Antarctica (penguins). In 2015, Ackerman's <i>The Human Age</i> won the National Outdoor Book Award in the Natural History Literature category and PEN New England's Henry David Thoreau Prize for nature writing. In 2012, she was a finalist for both a Pulitzer Prize and a National Book Critics Circle Award for <i>One Hundred Names for Love</i> and s well as many other awards, she is a Fellow of the New York Institute for the Humanities.
60	“Yet if we are bold, Love strikes away the chains of fear from our souls.”	Maya Angelou	<p>“Touched by an angel” “We, unaccustomed to courage exiles from delight live coiled in shells of loneliness until love leaves its high holy temple and comes into our sight to liberate us into life.</p> <p>Love arrives and in its train come ecstasies old memories of pleasure ancient histories of pain. Yet if we are bold, love strikes away the chains of fear from our souls.</p> <p>We are weaned from our timidity In the flush of love's light we dare be brave And suddenly we see that love costs all we are and will ever be. Yet it is only love which sets us free.”</p> <p>Maya Angelou (1928 – 2014) was an amazing woman with an incredible life story. She was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees.</p>

			<p>When she was 8 years old, Maya Angelou stopped speaking. She silenced her voice because she thought her voice had killed a man and for almost five years, she spoke to no one but her beloved brother, Bailey. The man she believed she had killed with her voice - her mother's boyfriend, Mr. Freeman - had raped her. After she testified against him in his trial, he was convicted and sentenced, but released from jail. Four days later, he was found dead. Murdered. Probably by Angelou's uncles, her memoir implies.</p> <p>Angelou told this story in her first book, "I Know Why the Caged Bird Sings," her groundbreaking memoir about her childhood. Published in 1969, when she was 41 years old, the book established her voice – the one she had silenced as a child - as one of the most important in American literature.</p> <p>Her work and her life offer readers a personal journey through the African American experience of the 20th century, writing with blazing honesty about racism, rape, her pregnancy at 16 and the deep fractures in her own family. Her strong voice speaks to countless readers as her themes of finding identity, strength, economic, racial, and sexual oppression and courage carry deep resonance. Besides writing of racial inequality, Angelou wrote many empowering poems about women and their rights; she wrote about the hypocrisy of the world, and injustice, but also about love and nature.</p> <p>One of Angelou’s most recognizable poems is one about the power of women titled “Phenomenal Woman”. In this poem, Angelou speaks out about the dignity of being a woman, about self-pride and female grace. It is about sex appeal, about the inner power that radiates through in an inexplicable way. This kind of strength has nothing to do with a dress size or other beauty standards that are imposed on women: it has a deeper meaning, as it is connected to one’s identity. A woman is therefore not only beautiful (as beautiful is something that is usually linked to outer beauty), but also phenomenal:</p> <p>“It’s the fire in my eyes, And the flash of my teeth, The swing in my waist, And the joy in my feet. I’m a woman Phenomenally. Phenomenal woman, That’s me.”</p>
61	“Life shrinks or expands in proportion to one's courage”	Anaïs Nin	<p>Angela Anaïs Juana Antolina Rosa Edelmira Nin y Culmell (1903 – 1907), known professionally as Anaïs Nin, was a French-Cuban American diarist, essayist, novelist and writer of short stories and erotica.</p> <p>In her lifetime, Nin caused controversy - for one thing, she was a woman who wrote explicitly about sex from a female point of view, included frank portrayals of illegal abortions, extramarital affairs and incest, all of which Nin wrote about without judging her female characters. That’s brave in 2015; in 1940, it was career suicide. She also believed that she was by far her most fascinating character, and that her diaries ought to be treated as a major work of literature – leading to her being accused of narcissism, sociopathy and sexual perversion time and again. But, Nin was the first of her kind. And, like all truly unique talents, she was worshipped by some, hated by many, and misunderstood by most.</p>

			<p>The Diary of Anaïs Nin was published in 1966 - a monumental life's work that Nin was completing in secret –spanning seven volumes and 50 years. Reviews were amazing, and sales were too and so began the age of Anaïs Nin, feminist icon: worshipped by young women who believed she had provided the first real account of how a woman could thrive in the male-dominated world of literature.</p>
62	<p>“How did I find the Goddess? She called me and I listened”</p>	<p>Lydia Ruyle</p>	<p>Lydia Ruyle, also known as Ya-Ya was an 81-year old crone and matriarch who passed away in March 2016. She was an artist and scholar who had been pursuing Goddess research for decades. Her Goddess Banners depict sacred images of the Divine Feminine from the many cultures of the world. Since 1995, the icons have become spirit banners, which flew around the globe weaving the sacred energies of the Divine Feminine. Her research into sacred images of women took her around the globe. She created and exhibited her art, did workshops and lead women’s journeys throughout the U.S. and internationally. Lydia was the author or two books, “Goddesses of the Americas” was published in 2016 and “Goddess Icons” was published in 2002.</p> <p>Lydia simply called Goddess, and she listened. The Goddess asked her to listen, see, touch, learn, laugh, cry and share with art, stories and sacred places of Mother Earth.</p> <p>Over 30 years ago, Lydia began collecting images of women from art history, which she taught at the University of Northern Colorado. In 2010, the university created the Lydia Ruyle Room of Women’s Art to continue Lydia’s mission to teach. In March 1987, an art exhibition at the Loveland Museum and Gallery in Loveland, Colorado called “Better Homes & Goddesses” was the first display of Goddess icons, born for National Women’s History Month. In 1993, Lydia invited other women to travel to sacred places with Goddess tours in England, Wales, and Cornwall. Since then, over 300 women have joined her to travel in 14 countries.</p> <p>Lydia made her first Goddess Banners at the age of 60 in the series for an exhibition in 1995 at the Celsus Library in Ephesus, Turkey where they flew and spread their energies throughout the month of July. Since then, the banner collection has grown from 18 to over 300. She has used them to empower, teach, and share their stories at sacred sites in 38 countries.</p> <p>It was when I became familiar with Lydia Ruyle that I first heard the words HERstory , whilst watching a documentary of the same name. "Herstory: The Visionary Life of Lydia Ruyle and the Banners of the Divine Feminine," is a 1-hour documentary film that shows the colourful and heartwarming story of Lydia and her banners which spread their herstories all over the world. The film also documents the incredible story of how her worldwide community came together, with less than 2 weeks’ notice, to celebrate her, say goodbye, and honour the passing of a matriarch.</p> <p>Since 1995, the icons have become spirit banners which fly around the globe weaving the sacred energies of the divine feminine in every corner of the world. Lydia was also the author of two books, “Goddesses of the Americas” was published in 2016 and “Goddess Icons” was published in 2002.</p>
63	<p>“Sometimes the bravest and most important thing you</p>	<p>Brené Brown</p>	<p>Brené Brown (born November 1965) is an American professor, lecturer and author who holds an Endowed Chair at the University of Houston's Graduate College of Social Work and is a visiting professor in management at McCombs School of Business at the University of Texas. She has studied courage, shame, empathy and vulnerability for two decades and has amassed high success and officially gone “mainstream” becoming the author of five number one New York Times bestsellers.</p>

	can do is just show up”		She says “I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is “Courage over comfort.” I do NOT believe that cussing and praying are mutually exclusive, and, I absolutely believe that the passing lane is for passing only.”
64	“The most effective way to do it, is to do it”	Amelia Earheart	Amelia Mary Earhart (1897 – 1937) was an American aviation pioneer and author. Earhart was the first female aviator to fly solo across the Atlantic Ocean. She set many other records, wrote best-selling books about her flying experiences, and was instrumental in the formation of The Ninety-Nines, an organization for female pilots. It was on June 18th 1928 when Amelie Earheart succeeded in her dream of being the first female pilot to fly across the Atlantic Ocean (3875 km) solo – even though the dangerous journey had only ever been completed solo once before by a man and many others had died attempting it. It wasn’t an easy journey, with her entering a storm near Paris – where she was initially supposed to land. This caused mechanical issues and she thought fast, changing course to land safely in Londonderry, Northern Ireland after a 14 hour and 56 minute flight. She was also the 16th woman to be issued a pilot’s license. She mysteriously disappeared during a flight in 1937 over the pacific ocean whilst trying to be the first woman to fly the entire world. Despite a huge rescue attempt, she was never found and was pronounced legally dead 2 years later. Amelia Earheart had grit and determination and a dream.
65	“The most beautiful things must be felt with the heart”	Helen Keller	<p>“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”</p> <p>Undeterred by deafness and blindness, Helen Keller (1880 – 1968) rose to become a major 20th century humanitarian, educator and writer. She advocated for the blind and for women’s suffrage and co-founded the American Civil Liberties Union.</p> <p>Born on June 27th in Tuscumbia, Alabama, Keller was the older of two daughters of Arthur H. Keller, a farmer, newspaper editor, and Confederate Army veteran, and his second wife Katherine Adams Keller, an educated woman from Memphis. Several months before Helen’s second birthday, a serious illness—possibly meningitis or scarlet fever—left her deaf and blind. She had no formal education until age seven, and since she could not speak, she developed a system for communicating with her family by feeling their facial expressions. Recognizing her daughter’s intelligence, Keller’s mother sought help from experts including inventor Alexander Graham Bell, who had become involved with deaf children. Ultimately, she was referred to Anne Sullivan, a graduate of the Perkins School for the Blind, who became Keller’s lifelong teacher and mentor. Although Helen initially resisted her, Sullivan persevered. She used touch to teach Keller the alphabet and to make words by spelling them with her finger on Keller’s palm. Within a few weeks, Keller caught on. A year later, Sullivan brought Keller to the Perkins School in Boston, where she learned to read Braille and write with a specially made typewriter. Newspapers chronicled her progress. At fourteen, she went to New York for two years where she improved her speaking ability, and then returned to Massachusetts to attend the Cambridge School for Young Ladies. With Sullivan’s tutoring, Keller was admitted to Radcliffe College, graduating in 1904. Sullivan went with her, helping Keller with her studies.</p> <p>Even before she graduated, Keller published two books, <i>The Story of My Life</i> (1902) and <i>Optimism</i> (1903), which launched her career as a writer and lecturer.</p> <p>Sullivan married Harvard instructor and social critic John Macy in 1905, and Keller lived with them. During that time, Keller’s political awareness heightened. She supported the suffrage movement, embraced socialism, advocated for the blind and became a pacifist during World War I. Keller’s life story was featured in the 1919 film, <i>Deliverance</i>. In 1920, she joined Jane Addams, Crystal Eastman, and other</p>

			<p>social activists in founding the American Civil Liberties Union; four years later she became affiliated with the new American Foundation for the Blind in 1924.</p> <p>After Sullivan's death in 1936, Keller continued to lecture internationally with the support of other aides, and she became one of the world's most-admired women, and during World War II, she toured military hospitals bringing comfort to soldiers.</p> <p>Lifelong activist, Keller met several US presidents and was honoured with the Presidential Medal of Freedom in 1964. She also received honorary doctorates from Glasgow, Harvard, and Temple Universities.</p>
66	"Whoever is happy will make others happy too"	Anne Frank	<p>When she was growing up, Anne Frank (1929 – 1945) wanted to be a writer or a journalist. Unfortunately, her life was cut short by persecution during the Holocaust. Although she was unable to witness it, Anne Frank's writing in her diary became one of the most recognized accounts of life for a Jewish family in Europe during World War II.</p> <p>Annelies Marie Frank was born on June 12th in Frankfurt, Germany. She lived with her older sister Margot and her parents Otto and Edith Frank. In 1933, when Anne was about five years old, Adolf Hitler and the anti-Jewish National Socialist Party seized power. The Franks decided to flee to Amsterdam in the Netherlands in hopes of a better life. While her father left first to make arrangements, Anne Frank stayed with her grandparents in Aachen, Germany until February of 1934 when she joined the rest of her family in Amsterdam. Frank quickly settled in her new home and began attending a Dutch school nearby. Although Frank and her family enjoyed the safety of the Netherlands, this all changed when Nazi Germany invaded Poland in 1939 and the Second World War began. Less than a year later, Nazis invaded the Netherlands. The Dutch army quickly surrendered, and the Nazi army began enforcing new laws restricting Jewish mobility. Jewish people were no longer allowed to visit non-Jewish places of business and Jewish children had to attend separate Jewish schools. Soon after, all Jews had to start wearing a Star of David on their clothes for identification.</p> <p>By the summer of 1942, Jewish people in the Netherlands started receiving calls and notices to report to "work" at camp Westerbork near the German border. Many of them were unaware that Nazi officials were then transporting them to the two major Jewish killing centers, Auschwitz-Birkenau and Sobibor. On July 5, 1942, Frank's sister Margot received a call to report to a labor camp in Germany. Suspicious of the call and fearing for their lives, the Franks decided to go into hiding instead of reporting to the camp. The very next day, the entire family began hiding in the annex behind the office the family owned at Prinsengracht 263. The family soon welcomed four Dutch Jews into the secret attic apartment to escape persecution. The group hid in the "Secret Annex" for two years, while their friends smuggled food and clothing to help keep them safe. Right before they went into hiding, Frank received a diary for her thirteenth birthday. While she was in hiding with her family, she began recording her experiences, thoughts, and feelings in her diary. She also wrote short stories and started a novel about her life.</p> <p>Unfortunately, on August 4, 1944 the family's hiding place was discovered by the Gestapo (German Secret State Police). The Franks and their four companions were arrested, along with two of the people that helped them hide. They were all sent to camp Westerbork on August 8, 1944 and prepared for transport. On September 4, 1944 they were placed on a train with 1,019 other Jews and transported to Auschwitz in Poland. Once they arrived, the men and women were separated, and Ann and her sister Margot were selected for manual labor because of their age. Over 350 of the people that arrived in the transport with the Franks were immediately taken to the gas chambers and murdered. In late October of 1944, Anne and her sister Margot were transported to another concentration camp in northern</p>

			<p>Germany called Bergen-Belsen. The living conditions at this camp were also horrific, and many died from starvation or disease. Anne and Margot both contracted typhus and died in March of 1945, a few weeks before the British army liberated the camp on April 15. Their mother Edith also died in early January 1945 in the Auschwitz camp.</p> <p>When the Soviet army liberated Auschwitz on January 27, 1945, their father Otto was the only one from the annex that survived. When he was released, he unfortunately learned that all of his family was dead. However, he returned to the Netherlands and discovered that his friend Miep Gies was able to preserve Anne Frank's diary before the Nazis raided their hiding place. Otto read his daughters writings and saw that she wanted to become a journalist or a writer, so he published her diary in June of 1947. The book grew in popularity and was later translated into over 70 languages. In 1960, the secret annex where the family hid was turned into a museum called the Anne Frank House.</p>
67	<p>"The difference between a broken community and a thriving one is the presence of women who are valued"</p> <p>2009</p>	Michelle Obama	<p>Michelle LaVaughn Robinson Obama (born 17th January 1964) is an American attorney and author who was the first lady of the United States from 2009 to 2017. She is married to the 44th president of the United States, Barack Obama, and was the first African-American first lady.</p> <p>Michelle has been creating her own legacy in many ways, including the "Let Girls Learn" initiative started in March 2015. The idea of it is to help educate the 62 million girls around the world who aren't in school. She says:</p> <p>"I see myself in these girls, I see my daughters in these girls, and I simply cannot walk away from them. I plan to keep raising my voice on their behalf for the rest of my life. I plan to keep urging world leaders to invest in their potential and create societies that truly value them as human beings. I plan to keep reaching out to local leaders, families, and girls themselves to raise awareness about the power of sending girls to school."</p> <p>Her speeches are always full of inspiration. One of her most famous speeches consisted of the following inspirational words: "The women we honour today teach us three very important lessons. One, that as women, we must stand up for ourselves. The second, as women, we must stand up for each other. And finally, as women, we must stand up for justice for all."</p> <p>She also spoke directly to men at the United State of Women Summit. "Be better at everything. Be better fathers. Good lord, just being good fathers who love your daughters and are providing a solid example of what it means to be a good man in the world, showing them what it feels like to be loved. That is the greatest gift that the men in my life gave to me."</p> <p>And when she addressed a group of young African leaders in 2014, she made it really clear that respect for women is critical when it comes to making a nation successful, saying:</p> <p>"No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contributions of half of its citizens".</p> <p>She uses her status to powerfully and emotively speak out about the oppressed circumstances many African women find themselves in. She said: "Any man who uses his strength to oppress women is a coward, and he is holding back the progress of his family and his country."</p>
68	<p>"Our body is a figuration that appears"</p>	Louise Bourgeois	<p>"Our own body could be considered, from a topological point-of-view, a landscape with mounds and valleys and caves and holes. So, it seems rather evident to me that our body is a figuration that appears in Mother Earth."</p> <p>Louise Joséphine Bourgeois (1911 – 2010) was a French-American artist who explored patriarchy, motherhood and what it meant for women to be subjects rather than objects of art.</p>

<p>in Mother Earth”</p>		<p>With a career spanning eight decades from the 1930s until 2010, Louise Bourgeois is one of the great figures of modern and contemporary art. She is best known for her large-scale sculptures and installations that are inspired by her own memories and experiences, yet Bourgeois was also a prolific painter and printmaker.</p> <p>Themes of domestic life, motherhood, domesticity and the home reoccur throughout Louise Bourgeois’s work, as well as sexuality and feeling lost and trapped as a woman. She explores the role of female identity throughout every piece of art - often challenging the conventional role of women in the twentieth century and this is what has led her to become synonymous with the feminist art movement, taking on an almost ambassadorial role. She was a strong feminist, but never called herself a ‘female artist’ or a ‘feminist artist’ as she believed that to call her such is reductive – she was dealing with universal emotions: jealousy, rejection, and so on, and these are pre-gender. It wasn’t that she explicitly rejected being defined in feminist terms (“Some of my works are, or try to be feminist, and others are not feminist,” she once said in an interview with the San Francisco Museum of Art). Rather, she adopted a contrary attitude towards critics eager to pigeonhole her exclusively with those terms.</p> <p>Louise Bourgeois also explores the human body, often using and repeating rounded forms suggestive of male and female genitals and breasts.</p> <p>She says: “Our own body could be considered, from a topological point-of-view, a landscape with mounds and valleys and caves and holes. So, it seems rather evident to me that our body is a figuration that appears in Mother Earth.”</p> <p>The spiral symbol was also important to Louise Bourgeois. She says “As a child, after washing tapestries in the river, I would turn and twist and ring them ... Later I would dream of my father's mistress. I would do it in my dreams by ringing her neck. The spiral – I love the spiral – it is my attempt at controlling the chaos and represents control and freedom.”</p> <p>Whatever materials and processes Louise Bourgeois used to create her powerful artworks, the main force behind her art was to work through her troubled childhood memories. These memories were not specific, but a layering of emotional responses to the complicated relationship she had with her parents and their relationship with each other. Bourgeois was born in Paris on Christmas Day in 1911. Her parents, Josephine and Louis, ran a tapestry gallery in the 6th arrondissement. Her mother, suffered from ill health and Louise cared for her for long periods of time. Josephine died when Louise was just 22. This, and her father’s unfaithfulness (he had a series of mistresses throughout her mother’s illness), led to anger and a fear of abandonment, both key themes in Bourgeois’s work, and the backdrop of the First World War, which began when she was three years old, made her traumatic memories of childhood even more intense.</p> <p>“Spider” was one of her most famous series of works - in 1947 Louise Bourgeois drew two small ink and charcoal drawings of a spider and fifty years later in the late 1990s, she created a series of steel and bronze spider sculptures.</p> <p>“The spider is an ode to my mother. She was my best friend. Like a spider, my mother was a weaver... Like spiders, my mother was very clever. Spiders are friendly presences that eat mosquitos. We know that mosquitos spread diseases and are therefore unwanted. So, spiders are helpful and protective, just like my mother. I came from a family of repairers. The spider is a repairer. If you bash into the web of a spider, she does not get mad. She weaves and repairs it.”</p>
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69	“I’ve got my own back”	Maya Angelou	<p>Maya Angelou (1928 – 2014) was an amazing woman with an incredible life story. She was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees.</p> <p>When she was 8 years old, Maya Angelou stopped speaking. She silenced her voice because she thought her voice had killed a man and for almost five years, she spoke to no one but her beloved brother, Bailey. The man she believed she had killed with her voice - her mother's boyfriend, Mr. Freeman - had raped her. After she testified against him in his trial, he was convicted and sentenced, but released from jail. Four days later, he was found dead. Murdered. Probably by Angelou's uncles, her memoir implies.</p> <p>Angelou told this story in her first book, "I Know Why the Caged Bird Sings," her groundbreaking memoir about her childhood. Published in 1969, when she was 41 years old, the book established her voice – the one she had silenced as a child - as one of the most important in American literature.</p> <p>Her work and her life offer readers a personal journey through the African American experience of the 20th century, writing with blazing honesty about racism, rape, her pregnancy at 16 and the deep fractures in her own family. Her strong voice speaks to countless readers as her themes of finding identity, strength, economic, racial, and sexual oppression and courage carry deep resonance. Besides writing of racial inequality, Angelou wrote many empowering poems about women and their rights; she wrote about the hypocrisy of the world, and injustice, but also about love and nature.</p> <p>One of Angelou’s most recognizable poems is one about the power of women titled “Phenomenal Woman”. In this poem, Angelou speaks out about the dignity of being a woman, about self-pride and female grace. It is about sex appeal, about the inner power that radiates through in an inexplicable way. This kind of strength has nothing to do with a dress size or other beauty standards that are imposed on women: it has a deeper meaning, as it is connected to one’s identity. A woman is therefore not only beautiful (as beautiful is something that is usually linked to outer beauty), but also phenomenal:</p> <p>“It’s the fire in my eyes, And the flash of my teeth, The swing in my waist, And the joy in my feet. I’m a woman Phenomenally.</p>

			Phenomenal woman, That's me."
70	"I am in a charming state of confusion"	Ada Lovelace	<p>Augusta Ada King (1815 – 1852), Countess of Lovelace was an English mathematician and writer, chiefly known for her work on Charles Babbage's proposed mechanical general-purpose computer, the Analytical Engine.</p> <p>Ada Lovelace, the daughter of poet Lord Byron, has been called "the first computer programmer" for writing an algorithm for a computing machine in the mid-1800s.</p> <p>Lord Byron's marriage to Lovelace's mother, Lady Anne Isabella Milbanke Byron, was not a happy one. Lady Byron separated from her husband only weeks after their daughter was born. A few months later, Lord Byron left England, and Lovelace never saw her father again. He died in Greece when Ada was 8 years old.</p> <p>Lovelace had an unusual upbringing for an aristocratic girl in the mid-1800s. At her mother's insistence, tutors taught her mathematics and science. Such challenging subjects were not standard fare for women at the time, but her mother believed that engaging in rigorous studies would prevent Lovelace from developing her father's moody and unpredictable temperament. Lovelace was also forced to lie still for extended periods of time because her mother believed it would help her develop self-control.</p> <p>Around the age of 17, Ada met Charles Babbage, a mathematician and inventor. The pair became friends, and the much older Babbage served as a mentor to Lovelace. Through Babbage, Lovelace began studying advanced mathematics with University of London professor Augustus de Morgan.</p> <p>Lovelace was fascinated by Babbage's ideas. Known as the father of the computer, he invented the difference engine, which was meant to perform mathematical calculations. Lovelace got a chance to look at the machine before it was finished and was captivated by it. Babbage also created plans for another device known as the analytical engine, designed to handle more complex calculations, an Ada added her own thoughts and ideas on the machine. Her notes ended up being three times longer than the original article and her work was published in 1843, in an English science journal. Lovelace used only the initials "A.A.L.," for Augusta Ada Lovelace, in the publication.</p> <p>In her notes, Lovelace described how codes could be created for the device to handle letters and symbols along with numbers. She also theorized a method for the engine to repeat a series of instructions, a process known as looping that computer programs use today. For her work, Lovelace is often considered to be the first computer programmer.</p> <p>In 1835, Lovelace married William King, who became the Earl of Lovelace three years later. She then took the title of Countess of Lovelace. They shared a love of horses and had three children together. From most accounts, he supported his wife's academic endeavours.</p> <p>Lovelace died from uterine cancer in London on November 27, 1852. She was buried next to her father, in the graveyard of the Church of St. Mary Magdalene in Hucknall, England.</p> <p>In 1980, the U.S. Department of Defence named a newly developed computer language "Ada," after Lovelace.</p>
71	"We must reject not only the stereotypes	Shirley Chisholm	<p>Shirley Anita Chisholm (1924 – 2005) was an American politician, educator, and author. In 1968, she made HERstory by becoming the first Black woman elected to the United States Congress, representing New York's 12th congressional district for seven terms from 1969 to 1983.</p> <p>The Brooklyn-born activist and political leader later entered the 1975 democratic presidential race – the first woman and the first black American to do this.</p>

	that others hold of us, but also the stereotypes that we hold of ourselves”		In Congress she quickly became known as a strong liberal who opposed weapons development and the war in Vietnam. Chisholm, a founder of the National Women’s Political Caucus, supported the Equal Rights Amendment and legalized abortions throughout her congressional career, which lasted from 1969 to 1983. She later wrote the autobiographical works <i>Unbought and Unbossed</i> (1970) and <i>The Good Fight</i> (1973).
72	“We have the choice to use the gift of our life to make the world a better place – or not to bother”	Jane Goodall	<p>Dame Jane Morris Goodall DBE (born on 3rd April 1934), is an English primatologist and anthropologist. In July 1960, at the age of 26, she travelled from England to what is now Tanzania and ventured into the little-known world of wild chimpanzees. She began studying them in the Gombe Stream National Park of Tanzania, and her extensive research (which spanned almost 60 years) has provided some of the most groundbreaking insight into the minds and social lives of chimpanzees. When Jane Goodall entered the forest of Gombe, the world knew very little about chimpanzees, and even less about their unique genetic kinship to humans. She took an unorthodox approach in her field research, immersing herself in their habitat and their lives to experience their complex society as a neighbour rather than a distant observer and coming to understand them not only as a species, but also as individuals with emotions and long-term bonds. Dr. Jane Goodall’s discovery in 1960 that chimpanzees make and use tools is considered one of the greatest achievements of twentieth-century scholarship. Her field research at Gombe transformed our understanding of chimpanzees and redefined the relationship between humans and animals in ways that continue to emanate around the world.</p> <p>The primatologist and anthropologist went on to found the Jane Goodall Institute in 1977 as well as Roots and Shoots program in 1991 as an effort to encourage wildlife conservation efforts. She is desperate to bring to our attention the urgent need to protect chimpanzees from extinction and travels the world, speaking about the threats facing chimpanzees and environmental crises, urging each of us to take action on behalf of all living things and planet we share.</p>
73	“nobody can make you feel inferior without your consent.”	Eleanor Roosevelt	<p>A shy, insecure child, Eleanor Roosevelt (1884 – 1962) would grow up to become one of the most important and beloved First Ladies, authors, reformers, and female leaders of the 20th century.</p> <p>Born on October 11, 1884 in New York City, Anna Eleanor Roosevelt was the first of Elliot and Anna Hall Roosevelt’s three children. Her family was affluent and politically prominent, and while her childhood was in many ways blessed, it was also marked by hardship: her father’s alcoholism, as well as the deaths of both parents and one of her brothers before she was ten years old. She was raised by her harsh and critical maternal grandmother, who damaged Eleanor’s self-esteem. Timid and awkward, she believed that she compared badly with other girls.</p> <p>In 1899, Roosevelt began her three years of study at London’s Allenswood Academy, where she became more independent and confident, returning to New York for her social debut in 1902, where she became involved with the settlement house movement, teaching immigrant children and families. In 1905, after a long courtship, she married her distant cousin Franklin Delano Roosevelt, a charming, Harvard graduate in his first year of law school at Columbia University. Her uncle and close relative, President Theodore Roosevelt, walked her down the aisle.</p>

			<p>The Roosevelts settled in New York, where Eleanor found herself under the thumb of her controlling mother-in-law, Sara Roosevelt, who, like her grandmother earlier, was harsh in her criticism of her daughter-in-law. While Franklin advanced his career, his wife raised their daughter and four sons under the watchful eye of her belittling mother-in-law.</p> <p>All that changed in 1911, when Franklin was elected to the New York State Senate, and the couple moved to Albany, away from Sara. Two years later, the Roosevelts moved to Washington, DC, and when World War I broke out, she volunteered with various relief agencies. Roosevelt promoted women’s political engagement, playing a leadership role in several organizations, including the League of Women Voters and the Women’s Trade Union League and soon became the most politically active and influential First Lady in history.</p> <p>In the White House from 1933 to 1945, First Lady Roosevelt kept a dizzying schedule. She wrote nearly 3,000 articles in newspapers and magazines, including a monthly column in <i>Women’s Home Companion</i>, donating what she earned from the column to charity. She also authored six books and travelled nationwide delivering countless speeches. She held weekly press conferences with women reporters who she hoped would get her message to the American people.</p> <p>Roosevelt had immense influence on her husband’s decisions as president and in shaping America, and her political activism did not end with her husband’s death in 1945. Appointed in 1946, she served for more than a decade as a delegate to the United Nations, the institution established by her husband, and embraced the cause of world peace. She not only chaired the United Nations Human Rights Commission, she also helped write the 1948 United Nations Declaration of Human Rights, as well as chairing the President’s Commission on the Status of Women, which released a ground-breaking study about gender discrimination a year after her death in 1963. She also worked on the Equal Pay Act that was passed that same year. Roosevelt’s commitment to racial justice was evident in her civil rights work and efforts to push Washington to take swifter action in housing desegregation and protections for Freedom Riders and other activists. Kennedy nominated Roosevelt for the Nobel Peace Prize and though she did not win, she remained at the top of national polls ranking the most respected women in America decades after her death.</p> <p>She dramatically changed the role of the first lady, advocating for human rights, women’s rights and children’s causes, and has definitely made history HERstory.</p>
74	“When she stopped conforming to the conventional picture of femininity she finally began to enjoy being a woman”	Betty Friedan	<p>Betty Friedan (1921 – 2006) was an American feminist writer and activist.</p> <p>Journalist, activist, and co-founder of the National Organization for Women, Betty Friedan was one of the early leaders of the women’s rights movement of the 1960s and 1970s. Her 1963 best-selling book, <i>The Feminine Mystique</i>, gave voice to millions of American women’s frustrations with their limited gender roles and helped spark widespread public activism for gender equality.</p> <p>Bettye Naomi Goldstein was born on February 4, 1921 in Peoria, Illinois, the oldest of three children of Harry Goldstein, a Russian immigrant and jeweller, and Miriam Horowitz Goldstein, a Hungarian immigrant who worked as a journalist until Bettye was born.</p> <p>Friedan spent a year on a graduate fellowship to train as a psychologist at the University of California Berkeley, and as World War II raged on, Friedan became involved in a number of political causes. She left the graduate program after a year to move to New York, where glimmers of her later interest in women’s rights emerged, as she authored union pamphlets arguing for workplace rights for women.</p>

			<p>In 1947, Friedan married Carl Friedan, a would-be theatre producer and advertising maven. Friedan had three children—in 1948, 1952, and 1956—continuing to work throughout. In 1956, the couple moved from Queens, New York, to suburban Rockland County, where Friedan became a housewife, supplementing her family’s income with freelance writing for women’s magazines.</p> <p>Friedan also began the research for what would become <i>The Feminine Mystique</i> in the late 1950s. After conducting a survey of her classmates at a 15-year reunion, Friedan found that most were, as she was, dissatisfied with the limited world of suburban housewives. She spent five years conducting interviews with women across the country, charting white, middle-class women’s metamorphosis from the independent, career-minded New Woman of the 1920s and 1930s to the housewives of the post-war era who were expected to find total fulfilment as wives and mothers.</p> <p>Published in 1963, <i>The Feminine Mystique</i> hit a nerve, becoming an instant best-seller that continues to be regarded as one of the most influential nonfiction books of the 20th century. Women everywhere voiced a similar “malaise” from what Friedan dubbed, “the problem that has no name.” The book helped transform public awareness and brought many women into the vanguard of the women’s movement, just as it propelled Friedan into its early leadership.</p> <p>In 1966, Friedan joined forces with Pauli Murray and Aileen Hernandez to found the National Organization for Women (which remains a leading feminist organization), with Friedan as its first president. She also authored NOW’s mission statement: “...to bring women into full participation in the mainstream of American society now, exercising all the privileges and responsibilities thereof in truly equal partnership with men.” The organization’s first action: to demand that the Equal Employment Opportunities!</p> <p>A busy activist throughout the 1960s and 1970s, Friedan helped found the National Association for the Repeal of Abortion Laws in 1969, later renamed National Abortion Rights Action League and more recently NARAL Pro-choice America. She organized the Women’s Strike for Equality on August 26, 1970 on the 50th anniversary of women’s suffrage, to raise awareness about gender discrimination. In addition, in 1971, Friedan was a co-founder of the National Women’s Political Caucus with Congresswoman Bella Abzug, Congresswoman Shirley Chisholm, and feminist Gloria Steinem. Through these organizations, Friedan was influential in changing outdated laws such as unfair hiring practices, gender pay inequality, and pregnancy discrimination.</p>
75	“Remember who you are”	Coco Chanel	<p><i>“Always have in mind your true worth – self-awareness leads to self-confidence and self-confidence leads to self-love. And all are crucial. Remember who you are, where you come from and where you are going.”</i></p> <p>Gabrielle Bonheur “Coco” Chanel (1883 – 1971) was a French fashion designer and businesswoman. The founder and namesake of the Chanel brand, she was credited in the post-World War I era with popularizing a sporty, casual chic as the feminine standard of style, replacing the “corseted silhouette” that was dominant beforehand. Coco literally liberated women – by stripping off the constraints of corsets, she unapologetically gave them back their right to breathe and introduced a new, modern style of leveraging elegance which was bold and which women embraced gladly.</p> <p>The legendary fashion designer and true icon of style was also a remarkably intelligent and audacious woman. Apart from her creative ingenuity and a sharp eye for sophisticated aesthetics, she was an incredibly empowering woman who continues to empower women of all generations.</p>

			<p>More than a century ago, Coco Chanel was a modern woman who challenged stereotypes and conventions both in fashion and life and lived by her own rules.</p> <p>Defying conventions and the hypocritical conservatism of the social circles she swiftly moved through, Coco Chanel single-handedly revolutionized the image of the female body by bringing it back to its natural shape and genuine femininity.</p> <p>Coco Chanel was a woman who wore trousers and smoked in public without any restraint whatsoever and for the simple pleasure of it, and other women were inspired by her and reclaimed power over their own bodies, becoming empowered and fighting harder for their rights and an equal position in a patriarchal male-dominated society. Coco Chanel became the epitome of the bold and beautiful femininity, a symbol, a timeless icon.</p> <p>But Coco did not just dress women – she truly empowered them through her fashion and her approach to life. With her statement pieces – a pantsuit for women (today popularly referred as the “power suit”) that Marlene Dietrich and Katherine Hepburn so spectacularly wore among the first; the little black dress that became the essential piece of any woman’s wardrobe; the pinks suit from the 1961 autumn/winter collection that Jackie Kennedy sent off to eternity; the iconic Chanel No 5 that captures the scent of the seductive force of female sensuality and many other pieces that revolutionized the way women not only looked but carried themselves through life by their own choice, Coco Chanel shared the boldness, passion and audacity she unapologetically lived by (the way she loved was no different either) with all womankind.</p> <p>Once asked by an agent provocateur journalist what she wore to bed, Marilyn Monroe responded without hesitation: “A drop of Chanel No 5, of course!” The icon for an icon!</p> <p>Chanel took pieces of men’s attire, such as trousers, suits, and jackets, and incorporated them into women’s wardrobe – if women can dress and move as men do, they can also DO WHATEVER MEN DO (and look fabulous while doing it!). This is a powerful message that lies in the very essence of feminism and the ongoing fights for gender equality.</p> <p>Straightforward and eloquent, Coco Chanel shared her wisdom in a form of well-elaborated and well-rounded statements that transcendent time and space. Even today, women seek inspiration and motivation in these lines because they are captivating and summarize deep thoughts about owning your own life, ambition, self-confidence, self-love, beauty and style.</p> <p>“Keep your heels, head and your standards high.”</p> <p>“Never undervalue yourself – there are plenty of those out there who will try to.”</p> <p>“Never settle for less. If you do, that is all you’ll ever get.”</p> <p>“The most courageous act is still to think for yourself. Aloud.”</p> <p>“Beauty begins the moment you decide to be yourself.”</p> <p>“In order to be irreplaceable, one must always be different”</p>
76	“I would rather be a rebel than a slave”	Emmeline Pankhurst	Emmeline Pankhurst (1858 – 1928) was a British political activist. She is best remembered for organizing the UK suffragette movement and helping women win the right to vote.

			<p>Emmeline Goulden was born in Manchester into a family with a tradition of radical politics. A passionate and fearless campaigner for the rights of women, Emmeline declared herself a committed suffragist – a campaigner for women’s right to vote – when she was just fourteen, and she went on to dedicate her life to the cause.</p> <p>In 1879, she married Richard Pankhurst, a lawyer and supporter of the women’s suffrage movement. He was the author of the Married Women’s Property Acts of 1870 and 1882, which allowed women to keep earnings or property acquired before and after marriage. His death in 1898 was a great shock to Emmeline.</p> <p>She fought tirelessly for the poor and oppressed, believing that society could only progress if women had an equal voice with men, and in 1889, Emmeline founded the Women’s Franchise League, which fought to allow married women to vote in local elections. In October 1903, she helped found the more militant Women’s Social and Political Union (WSPU) – yet still continued a peaceful campaign for the vote. The motto of the WSPU was ‘Deeds not words’ but sadly, in the face of continued opposition, the suffragettes became more militant. They were soon an organisation that gained much notoriety for its activities and whose members were the first to be christened ‘suffragettes’.</p> <p>Emmeline’s daughters Christabel and Sylvia were both active in the cause. British politicians, press and public were astonished by the demonstrations, window smashing, arson and hunger strikes of the suffragettes. In 1913, WSPU member Emily Davison was killed when she threw herself under the king’s horse at the Derby as a protest at the government’s continued failure to grant women the right to vote. Like many suffragettes, Emmeline was arrested on numerous occasions over the next few years and went on hunger strike herself, resulting in violent force-feeding. In 1913, in response to the wave of hunger strikes, the government passed what became known as the ‘Cat and Mouse’ Act. Hunger striking prisoners were released until they grew strong again, and then re-arrested.</p> <p>It took until 1918 until the Representation of the People Act gave voting rights to women over 30 and then in 1928 the vote was given for women over 21. Tragically, Emmeline died three weeks before the law was passed.</p>
77	“I just know that something good is going to happen”	Kate Bush	<p>“Cloudbusting”</p> <p>Catherine Bush CBE (born 30th July 1958) is an English singer, songwriter, musician, dancer and record producer. In 1978, aged 19, she topped the UK Singles Chart for four weeks with her debut single "Wuthering Heights", becoming the first female artist to achieve a UK number one with a self-written song.</p> <p>One secret of the singer Kate Bush’s artistry is that she has never feared the ludicrous—she tries things that other musicians would be too careful or cool to go near.</p>
78	“Live life fully, live life passionately”	Vita Sackville	<p>“Be wicked, be brave, be drunk, be reckless, be dissolute, be despotic, be an anarchist... be anything you like, but for pity’s sake be it to the top of your bent. Live – live fully, live passionately, live disastrously.”</p> <p>Victoria Mary Sackville-West (1892 – 1962), Lady Nicolson, CH, usually known as Vita Sackville-West, was an English author and garden designer. She was a successful novelist, poet, and journalist, as well as a prolific letter writer and diarist.</p> <p>Vita was born at Knole Estate, the only daughter to Lionel Edward Sackville-West (later third Baron Sackville) and his cousin, Victoria Sackville-West.</p>

			<p>As a young girl, Vita delighted in showing visitors around Knole, and she expressed profound attachment to the estate throughout her life. It was therefore a constant source of distress to her that, as a woman, she was unable to inherit her ancestral home. Knole passed to her cousin Eddy after her father's death.</p> <p>Vita married diplomat Harold Nicolson in 1913. The Nicolsons enjoyed a close relationship and a very successful marriage, later documented in their son Nigel's book, <i>Portrait of a Marriage</i> (1973).</p> <p>Both had affairs with same-sex partners throughout their married life, Vita perhaps most famously with the writer and Bloomsbury group member, Virginia Woolf. Vita and Harold's mutual acceptance of each other's lovers affirmed their commitment to their marriage.</p> <p>Vita had begun writing novels, plays, and poetry as a girl, but her experiences in Constantinople while she and Harold were in residence prompted her to write <i>Poems of East and West</i> in 1917, beginning a long writing career.</p> <p>Her poem <i>The Land</i> (1926) won the Hawthornden prize in 1927, and she and Harold purchased Sissinghurst Castle in 1930, a then run-down Elizabethan mansion in Kent, and began immediately to renovate both house and garden.</p> <p>Vita became increasingly reclusive as the Second World War began, and spent her last decades ensconced at Sissinghurst, writing novels and gardening books in its famous tower, and creating the splendour of its gardens.</p> <p>Vita began speaking for the National Trust in 1928, helped to negotiate the institution's taking over of Knole in the early 1940s, and became, along with Harold, a member of the Trust's council. Sissinghurst became a Trust property upon her death in 1962.</p>
79	I would always rather be happy than dignified	Charlotte Brontë	<p>One of the most famous Victorian women writers, and a prolific poet, Charlotte Brontë is best known for her novels, including <i>Jane Eyre</i> (1847).</p> <p>Brontë was born on April 21, 1816 in the village of Thornton, West Riding, Yorkshire. Her father, Patrick Brontë, was the son of a respectable Irish farmer in County Down, Ireland. As the eldest son in a large family, Patrick normally would have found his life's work in managing the farm he was to inherit; instead, he first became a school teacher and a tutor and, having attracted the attention of a local patron, acquired training in the classics and was admitted to St. John's College at Cambridge in 1802. He graduated in 1806 and was ordained as a priest in the Church of England in 1807. His rise from modest beginnings can be attributed largely to his considerable talent, hard work, and steady ambition—qualities his daughter Charlotte clearly inherited.</p> <p>Charlotte's mother, Maria Branwell Brontë, died when her daughter was only five years old. Born to a prosperous tea merchant and grocer, Maria Branwell was raised in Penzance, Cornwall, married Patrick Brontë in 1812, bore six children in seven years—Maria (1813), Elizabeth (1815), Charlotte (1816), Patrick Branwell (1817), Emily (1818), and Anne (1820)—and died of cancer at the age of 38.</p> <p>During Maria Brontë's illness her sister, Elizabeth Branwell, came from Penzance to care for the family temporarily, but, because Patrick Brontë's attempts to remarry after his wife's death were unsuccessful, she stayed until she died in 1842. Often left to their own devices, the siblings played on the wide expanse of moors that surrounded their parsonage home; they also read voraciously and engaged in the imaginative play that was to develop quickly into literary inventiveness.</p> <p>In 1824, when she was eight years old, Charlotte and Emily joined their older sisters at the newly opened Clergy Daughters' School at Cowan Bridge in the parish of Tunstall. The aim of the school was to provide a "plain and useful Education" that would allow young women "to maintain themselves in the different Stations of Life to which Providence may call them".</p>

			<p>Charlotte Brontë’s earliest report from school reads: “Reads tolerably—Writes indifferently— understands arithmetic a little - knows nothing of Grammar, Geography or History and sews neatly.”</p> <p>Charlotte found the rigors of boarding school life harsh and food was badly prepared under unsanitary conditions and many students got ill – one of them being Maria. Patrick Brontë was not informed of his eldest daughter’s condition until February 1825, two months after Maria began to show symptoms, and when he saw her, he immediately withdrew her from the school and she died at home in early May. Elizabeth, in the meantime, had also fallen ill and she also sadly died in March.</p> <p>The loss of Elizabeth and Maria profoundly affected Charlotte’s life and probably helped shape her personality as well - suddenly becoming the eldest child in a motherless family forced her into a position of leadership.</p> <p>Patrick Brontë started to tutor his four remaining children at home and they were allowed to choose freely from their father’s library.</p> <p>In December of 1836, Charlotte Brontë decided to try her hand at professional writing, with the hope of earning her living as a publishing poet, and sought the advice of Robert Southey, then poet laureate of England, to whom she sent a selection of her poems. The discouraging response in his letter of March 12, 1837 has become infamous:</p> <p>“Literature cannot be the business of a woman’s life: & it ought not to be. The more she is engaged in her proper duties, the less leisure she will have for it, even as an accomplishment & a recreation.”</p> <p>Charlotte obviously ignored that advice, and between January 1837 and July 1838, Brontë wrote more than 60 poems and verse fragments, including drafts of what were eventually to be some of her best poetical works, and in 1845 she revised them into poems and published them, but after writing and publishing “Jane Eyre”, she never wrote poetry again. It was the passion and rebellion of <i>Jane Eyre</i> (1847) that earned her fame, and when visiting London she moved in the best literary circles. She later published <i>Shirley</i> (1849), written during and after the tragic deaths of her three siblings within a single year, and displaying Charlotte’s engagement with both women’s rights and radical workers’ movements.</p> <p>In June 1854, she married her father’s curate Arthur Nicholls, who had long been a loyal suitor. She became pregnant but, severely weakened by morning sickness, died aged 38 on 31 March 1855.</p>
80	“I am a searcher... searching for the missing piece”	Louise Bourgeois	<p>Louise Joséphine Bourgeois (1911 – 2010) was a French-American artist who explored patriarchy, motherhood and what it meant for women to be subjects rather than objects of art.</p> <p>With a career spanning eight decades from the 1930s until 2010, Louise Bourgeois is one of the great figures of modern and contemporary art. She is best known for her large-scale sculptures and installations that are inspired by her own memories and experiences, yet Bourgeois was also a prolific painter and printmaker.</p> <p>Themes of domestic life, motherhood, domesticity and the home reoccur throughout Louise Bourgeois’s work, as well as sexuality and feeling lost and trapped as a woman. She explores the role of female identity throughout every piece of art – often challenging the conventional role of women in the twentieth century and this is what has led her to become synonymous with the feminist art movement, taking on an almost ambassadorial role. She was a strong feminist, but never called herself a ‘female artist’ or a ‘feminist artist’ as she believed that to call her such is reductive – she was dealing with universal emotions: jealousy, rejection, and so on, and these are pre-gender. It wasn’t that she explicitly rejected being defined in feminist terms (“Some of my works are, or try to be feminist, and others are</p>

			<p>not feminist,” she once said in an interview with the San Francisco Museum of Art). Rather, she adopted a contrary attitude towards critics eager to pigeonhole her exclusively with those terms.</p> <p>Louise Bourgeois also explores the human body, often using and repeating rounded forms suggestive of male and female genitals and breasts.</p> <p>She says: “Our own body could be considered, from a topological point-of-view, a landscape with mounds and valleys and caves and holes. So, it seems rather evident to me that our body is a figuration that appears in Mother Earth.”</p> <p>The spiral symbol was also important to Louise Bourgeois. She says</p> <p>“As a child, after washing tapestries in the river, I would turn and twist and ring them ... Later I would dream of my father’s mistress. I would do it in my dreams by ringing her neck. The spiral – I love the spiral – it is my attempt at controlling the chaos and represents control and freedom.”</p> <p>Whatever materials and processes Louise Bourgeois used to create her powerful artworks, the main force behind her art was to work through her troubled childhood memories. These memories were not specific, but a layering of emotional responses to the complicated relationship she had with her parents and their relationship with each other. Bourgeois was born in Paris on Christmas Day in 1911. Her parents, Josephine and Louis, ran a tapestry gallery in the 6th arrondissement. Her mother, suffered from ill health and Louise cared for her for long periods of time. Josephine died when Louise was just 22. This, and her father’s unfaithfulness (he had a series of mistresses throughout her mother’s illness), led to anger and a fear of abandonment, both key themes in Bourgeois’s work, and the backdrop of the First World War, which began when she was three years old, made her traumatic memories of childhood even more intense.</p> <p>“Spider” was one of her most famous series of works – in 1947 Louise Bourgeois drew two small ink and charcoal drawings of a spider and fifty years later in the late 1990s, she created a series of steel and bronze spider sculptures.</p> <p>“The spider is an ode to my mother. She was my best friend. Like a spider, my mother was a weaver... Like spiders, my mother was very clever. Spiders are friendly presences that eat mosquitos. We know that mosquitos spread diseases and are therefore unwanted. So, spiders are helpful and protective, just like my mother. I came from a family of repairers. The spider is a repairer. If you bash into the web of a spider, she does not get mad. She weaves and repairs it.”</p> <p>Bourgeois uses the spider, both predator (a sinister threat) and protector (an industrious repairer), to symbolise the mother figure. The spider showed women as protectors: strong, maternal and powerful – Bourgeois’s nod to the unbalanced patriarchal systems and showing the power of women.</p> <p>Another reason she found herself in feminist waters was the timing of her work. Just as she seemed to find her feet in the 1950s, the male-dominated genre of abstract expressionism exploded, making stars of male contemporaries such as Jackson Pollock and Mark Rothko, and overshadowing her sculptures. She began, through her work, to rebel against the patriarchy this represented, because her opinion was that the surrealists made women the object of their work, whereas she was trying to make women the subject.</p>
81	“Keep your face to the sunshine and	Helen Keller	<p>“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”</p> <p>Undeterred by deafness and blindness, Helen Keller (1880 – 1968) rose to become a major 20th century humanitarian, educator and writer. She advocated for the blind and for women’s suffrage and co-founded the American Civil Liberties Union.</p>

	you cannot see the shadows”		<p>Born on June 27th in Tuscumbia, Alabama, Keller was the older of two daughters of Arthur H. Keller, a farmer, newspaper editor, and Confederate Army veteran, and his second wife Katherine Adams Keller, an educated woman from Memphis. Several months before Helen’s second birthday, a serious illness—possibly meningitis or scarlet fever—left her deaf and blind. She had no formal education until age seven, and since she could not speak, she developed a system for communicating with her family by feeling their facial expressions. Recognizing her daughter’s intelligence, Keller’s mother sought help from experts including inventor Alexander Graham Bell, who had become involved with deaf children. Ultimately, she was referred to Anne Sullivan, a graduate of the Perkins School for the Blind, who became Keller’s lifelong teacher and mentor. Although Helen initially resisted her, Sullivan persevered. She used touch to teach Keller the alphabet and to make words by spelling them with her finger on Keller’s palm. Within a few weeks, Keller caught on. A year later, Sullivan brought Keller to the Perkins School in Boston, where she learned to read Braille and write with a specially made typewriter. Newspapers chronicled her progress. At fourteen, she went to New York for two years where she improved her speaking ability, and then returned to Massachusetts to attend the Cambridge School for Young Ladies. With Sullivan’s tutoring, Keller was admitted to Radcliffe College, graduating in 1904. Sullivan went with her, helping Keller with her studies.</p> <p>Even before she graduated, Keller published two books, <i>The Story of My Life</i> (1902) and <i>Optimism</i> (1903), which launched her career as a writer and lecturer.</p> <p>Sullivan married Harvard instructor and social critic John Macy in 1905, and Keller lived with them. During that time, Keller’s political awareness heightened. She supported the suffrage movement, embraced socialism, advocated for the blind and became a pacifist during World War I. Keller’s life story was featured in the 1919 film, <i>Deliverance</i>. In 1920, she joined Jane Addams, Crystal Eastman, and other social activists in founding the American Civil Liberties Union; four years later she became affiliated with the new American Foundation for the Blind in 1924.</p> <p>After Sullivan’s death in 1936, Keller continued to lecture internationally with the support of other aides, and she became one of the world’s most-admired women, and during World War II, she toured military hospitals bringing comfort to soldiers.</p> <p>Lifelong activist, Keller met several US presidents and was honoured with the Presidential Medal of Freedom in 1964. She also received honorary doctorates from Glasgow, Harvard, and Temple Universities.</p>
82	“I just knew that if it could be done, it had to be done, and I did it”	Gertrude Ederle	<p>Gertrude Caroline Ederle (1905 – 2003) was an American competition swimmer, Olympic champion, and former world record-holder in five events. Among other nicknames, the press sometimes called her "Queen of the Waves."</p> <p>On August 6th 1926, on her second attempt, 19-year-old Gertrude Ederle became the first woman to swim the 21 miles from Dover, England, to Cape Griz-Nez across the English Channel, which separates Great Britain from the northwestern tip of France.</p> <p>Ederle was born to German immigrants on October 23rd in New York City. She did not learn to swim until she was nine years old, and it was not until she was 15 that she learned the proper form in the water. Just two years later, at the 1924 Paris Olympics, Ederle won a gold medal in the 4 x 100-meter relay and a bronze in the 100- and 400-meter freestyle races. In June 1925, Ederle became the first woman to swim the length of New York Bay, breaking the previous men’s record by swimming from the New York Battery to Sandy Hook, New Jersey, in 7 hours 11 minutes. That same summer, Ederle made her first attempt at crossing the notoriously cold and choppy English Channel, but</p>

			<p>after eight hours and 46 minutes, her coach, Jabez Wolff, forced her to stop, out of concern that she was swallowing too much saltwater. Ederle disagreed and fired Wolff, replacing him with T.W. Burgess, a skilled Channel swimmer.</p> <p>On August 6, 1926, Ederle entered the water at Cape Gris-Nez in France at 7:08 a.m. to make her second attempt at the Channel. The water was predictably cold as she started out that morning, but unusually calm. Twice that day, however—at noon and 6 p.m.—Ederle encountered storms along her route and Burgess urged her to end the swim. Ederle’s father and sister, though, who were riding in the boat along with Burgess, agreed with Ederle that she should stay the course. Ederle persevered through storms and heavy swells, and, finally, at 9:04 p.m. after 14 hours and 31 minutes in the water, she reached the English coast, becoming the sixth person and first woman to swim the Channel successfully. Furthermore, she had bettered the previous record by two hours.</p> <p>Afterward, Ederle told Alec Rutherford of <i>The New York Times</i>, “I knew it could be done, it had to be done, and I did it.”</p> <p>Ederle damaged her hearing during the Channel swim and went on to spend much of her adult life teaching deaf children in New York City to swim. She died in 2003 at the age of 98.</p>
83	<p>“You have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”</p> <p>“I love life”</p> <p>“I am a magnet for miracles”</p>	Louise L Hay	<p>Louise Lynn Hay (1926 – 2017) was an American motivational author and the founder of Hay House. She authored several New Thought self-help books, including the 1984 book “You Can Heal Your Life”, and I can say with my hand on my heart that this book truly changed my life.</p> <p>Louise Hay is also known as one of the founders of the self-help movement. Her first book, “Heal Your Body”, was published in 1976, long before it was fashionable to discuss the connection between the mind and body. Revised and expanded in 1988, this best-selling book introduced Louise’s concepts to people in 33 different countries and has been translated into 25 languages throughout the world.</p> <p>Through Louise’s healing techniques and positive philosophy, millions have learned how to create more of what they want in their lives, including more wellness in their bodies, minds, and spirits. Her own personal philosophy was forged from her tormented upbringing. Her childhood was unstable and impoverished, and her teen years were marked by abuse. Louise ran away from home and ended up in New York City, where she became a model and married a prosperous businessman. Although it appeared that her life had turned around, it was not until the marriage ended 14 years later that her healing really began.</p> <p>Louise started what would become her life’s work in New York City in 1970. She attended meetings at the Church of Religious Science and began training in the ministerial program. She became a popular speaker at the church, and soon found herself counselling clients. This work quickly blossomed into a full-time career. After several years, Louise compiled a reference guide detailing the mental causes of physical ailments and developed positive thought patterns for reversing illness and creating health. This compilation was the basis for “Heal Your Body”.She began traveling throughout the United States, lecturing and facilitating workshops on loving ourselves and healing our lives. Louise was able to put her philosophies into practice when she was diagnosed with cancer. She considered the alternatives to surgery and drugs, and instead developed an intensive program of affirmations, visualization, nutritional cleansing, and psychotherapy. Within six months, she was completely healed of cancer.</p> <p>In 1980, Louise moved back to her native Southern California, and it was here that she began putting her workshop methods on paper. In 1984, her new book, “<i>You Can Heal Your Life</i>”, was published. In it, Louise explains how our beliefs and ideas about ourselves are often the</p>

			<p>cause of our emotional problems and physical maladies and how, by using certain tools, we can change our thinking and our lives for the better.</p> <p>You Can Heal Your Life reached the New York Times bestseller list and remained on it for 13 consecutive weeks. More than 50 million copies of You Can Heal Your Life have been sold throughout the world. Twenty years later, due to her appearances on the Oprah Winfrey Show, You Can Heal Your Life was again on the New York Times bestseller list. The first time in that publication's history that has happened!</p> <p>In 1985, Louise began her famous support group, "The Hayride," with six men diagnosed with AIDS. By 1988, the group had grown to a weekly gathering of 800 people and had moved to an auditorium in West Hollywood. Once again, Louise had started a movement of love and support long before people began to wear red ribbons in their lapels. It was during this time that she wrote The AIDS Book: Creating a Positive Approach, based on her experiences with this powerful group.</p> <p>Louise started Hay House, Inc., a successful publishing company. What began as a small venture in the living room of her home has turned into a prosperous corporation that has sold millions of books and products worldwide. In addition, The Hay Foundation is a non-profit organization established by Louise that encourages and financially supports diverse organizations that supply food, shelter, counselling, hospice care and money to those with AIDS, battered women and other crises. The foundation will continue the good work that Louise began over 30 years ago.</p> <p>At age 90, Louise transitioned on August 30, 2017 in San Diego, CA</p>
84	"Don't think about making women fit the world – think about making the world fit women"	Gloria Steinem	<p>From her humble Ohio childhood, Gloria Steinem grew up to become an acclaimed journalist, trailblazing feminist, and one of the most visible, passionate leaders and spokeswomen of the women's rights movement in the late 20th and early 21st centuries.</p> <p>Steinem was born on March 25, 1934 in Toledo, Ohio, the second child and daughter of Leo and Ruth Steinem. Her father worked as a traveling salesman. In 1944, her parents divorced, leaving a young Steinem to take care of her mentally ill mother in Toledo. After graduating high school, her sister came to care for their mother, and Steinem attended Smith College in Massachusetts where she studied government. She graduated and then spent two years studying and researching in India. Her time abroad inspired an interest in grassroots activism, which would later manifest itself in her work with the women's liberation movement and the Equal Rights Amendment.</p> <p>Steinem started her professional career as a journalist in New York, writing freelance pieces for various publications, which was tough for women in the late 1950s and 1960s, when men ran the newsrooms and women were largely relegated to secretarial and behind-the-scenes research roles. Steinem's early articles tended to be for what was then called "the women's pages," lifestyle or service features about such female-centred or fashion topics as nylon stockings. Steinem once recalled that, "When I suggested political stories to The New York Times Sunday Magazine, my editor just said something like, 'I don't think of you that way.'"</p> <p>Undeterred, Steinem pushed on, seeking more substantial social and political reporting assignments. She gained national attention in 1963 when Show magazine hired her to go undercover to report on the working conditions at Hugh Hefner's Playboy Club. While Steinem's expose — "I Was a Playboy Bunny"—revealed the not-so-glamorous, sexist, and underpaid life of the bunnies/waitresses. But Steinem struggled to be taken seriously as a journalist after this assignment. She worked hard to make a name for herself, and in 1968, she helped found New York magazine, where she became an editor and political writer.</p>

			<p>At New York magazine, Steinem reported on political campaigns and progressive social issues, including the women’s liberation movement and first spoke publicly in 1969 at a speak-out event to legalize abortion in New York State, where she shared the story of the abortion she had overseas when she was 22 years old. The event proved life-changing, sparking Steinem’s feminism and engagement with the women’s movement. She attended and spoke at numerous protests and demonstrations, and her strong intellect made her an in-demand media guest and movement spokesperson.</p> <p>In 1970, feminist activists staged a take-over of Ladies Home Journal, arguing that the magazine only offered articles on housekeeping but failed to cover women’s rights and the women’s movement. Steinem soon realized the value of a women’s movement magazine and joined forces with journalists Patricia Carbine and Letty Cottin Pogrebin to found Ms. Magazine. It debuted in 1971 as an insert in New York magazine but in 1972, Ms. became an independent, regular circulation magazine. Steinem remained an editor and writer for the magazine for the next fifteen years and continues to support it to the present.</p> <p>Steinem’s life has been dedicated to the cause of women’s rights, as she led marches and toured the country as an in-demand speaker. In 1972, Steinem and feminists such as Congresswoman Bella Abzug, Congresswoman Shirley Chisholm, and feminist Betty Friedan formed the National Women’s Political Caucus. It continues to support gender equality and to ensure the election of more pro-equality women to public office. Other organizations Steinem has co-founded in her vast career include the Women’s Action Alliance (1971), which promotes non-sexist, multi-racial children’s education; the Women’s Media Center (2004) to promote positive images of women in media; Voters for Choice (1977), a prochoice political action committee; and the Ms. Foundation for Women. In the 1990s, she helped establish Take Our Daughters to Work Day, the first national effort to empower young girls to learn about career opportunities.</p> <p>In 2000, at age 66, the long single Steinem married for the first time in a Cherokee ceremony in Oklahoma. Her husband, entrepreneur and activist David Bale, sadly died of lymphoma four years later.</p> <p>An award-winning and prolific writer, Steinem has authored several books, including a biography on Marilyn Monroe, and the best-selling My Life on the Road. Her work has also been published and reprinted in numerous anthologies and textbooks. In 2013, President Barack Obama presented her with the Presidential Medal of Freedom, the highest civilian honour.</p>
85	“Touch is as essential as sunlight”	Diane Ackerman	<p>“Touch seems to be as essential as sunlight.”</p> <p>Diane Ackerman (born 7th October 1948) is an American poet, essayist, and naturalist known for her wide-ranging curiosity and poetic explorations of the natural world.</p> <p>Her essays have appeared in The New York Times, Smithsonian, Parade, The New Yorker, National Geographic, and many other journals, and her research has taken her to such diverse locales as Mata Atlantic in Brazil (working with endangered golden lion tamarins), Patagonia (right whales), Hawaii (humpback whales), California (tagging monarch butterflies at their overwintering sites), French Frigate Shoals (monk seals), Toroshima, Japan (short-tailed albatross), Texas (with Bat Conservation International), the Amazon rainforest, and Antarctica (penguins).</p> <p>In 2015, Ackerman's The Human Age won the National Outdoor Book Award in the Natural History Literature category and PEN New England's Henry David Thoreau Prize for nature writing. In 2012, she was a finalist for both a Pulitzer Prize and a National Book Critics Circle Award for One Hundred Names for Love and s well as many other awards, she is a Fellow of the New York Institute for the Humanities.</p>

86	<p>“What’s the greatest lesson a woman should learn? That since day one she’s already had everything she needs within herself. It’s the world that convinced her that she did not.”</p> <p>“My heart aches for women helping women like flowers ache for spring.”</p> <p>“And here you are living, despite it all.”</p>	Rupi Kaur	<p>Rupi Kaur (born 4 October 1992) is an Indian-born Canadian poet, illustrator, and author, and she is my ultimate favourite and a huge influence in my life.</p> <p>She received widespread popularity, after the publication of her debut book <i>Milk and Honey</i> (2014), which went on to sell over 3 million copies worldwide and spent more than a year on <i>The New York Times</i> Best Seller list. In 2017, Kaur released her second book, <i>The Sun and Her Flowers</i>, leading her to be named on the BBC's 100 Women in 2017, and her third poetry collection, <i>home body</i>, was released on Nov. 17, 2020.</p> <p>Her work explores relationships, the immigrant experience, love, loss and sexual trauma.</p> <p>Rupi Kaur was born into a Sikh family in Punjab, India. She immigrated to Canada with her parents when she was four years old. Her father worked as a truck driver and her family eventually settled in Brampton. She was inspired by her mother to draw and paint and she continued her art into her teens, but at age seventeen, she shifted her focus to writing and performing.</p> <p>In March 2015, Kaur posted a series of photographs to Instagram depicting herself with menstrual blood stains on her clothing and bed sheets. Described as a piece of visual poetry, it is considered among her more notable works, challenging the prevalent societal menstrual taboos. However, those photos were pulled down for not complying with the site's terms of service. Instagram brought back the images, citing a mistaken removal, and apologized to her after being criticized for displaying the very response that the works were intended to critique.</p> <p>As in Gurmukhi script, her work is written exclusively in lowercase, using only the period as a form of punctuation. Rupi writes this way to honour her culture. She said that she enjoys the equality of letters and that the style reflects her worldview. Her written work is meant to be an experience that is easy for the reader to follow, with simple drawings to elevate her words.</p>
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87	<p>“My mother told me to be a lady. And for her, that meant be your own person, be independent ”</p>	Justice Ruth Bader Ginsburg	<p>Despite her diminutive stature, Justice Ruth Bader Ginsburg was a towering force to be reckoned with. She was the second woman to ascend to the US Supreme Court in 1993, and fought tirelessly to give a voice to the voiceless - speaking up for women, minorities and the LGBTQ community.</p> <p>Notoriously known as RBG, she became the face of Democratic feminism at 85, as she consistently and courageously stood her ground in the face of sexism.</p> <p>When studying at Harvard Law School in 1957, she was one of just nine female undergraduates in a year group of 500 men, and suffered countless indignities. The women were refused access to the library (the same fate that befell Virginia Woolf at Cambridge decades earlier); they were not called upon in class; and were asked by the dean to explain, one by one, why they had enrolled at the university and taken a place from a man. Confronted with this onslaught of injustices, Ginsburg knew how to play the game, and hiding her ambition in order to progress – to the latter insult she speciously explained that she was getting a degree to be a more empathetic wife to her husband Marty, a second-year student at Harvard Law.</p> <p>Although she was a full-time caregiver to her one-year-old daughter and cancer-patient spouse, Ginsburg graduated valedictorian when she transferred to Columbia, and in her career, Ruth Bader Ginsburg was unconquerable: she persevered when men tried to hold her back and went on to change the world for the better - as evidenced by her early cases – which sought access to reproductive healthcare, pregnancy benefits and equal pay – Ginsburg was determined to secure women’s rights, but also strived to overturn civil-rights violations, no matter who they affected. For example, the Justice used her platform to grant the disabled state-funded support in their communities (1999) and legalise gay marriage in all 50 states (2015).</p> <p>Ruth Bader Ginsburg showed how the patriarchy negatively impacts men and women and her pro-women, pro-immigration and pro-minority verdicts just proved that she chipped away at the glass ceiling within the legal system, breaking conventions and making a future for female representation within the justice system. She hoped that there will be a time when all nine Supreme Court Justices are women. She was quotes as saying: “People are shocked [when I say that] but there have been nine men and nobody’s ever raised a question about that.”</p> <p>Ginsburg realized that women could never achieve equality with men if outdated stereotypes were holding them back. She challenged law after law where women and men were provided different rights due to gender stereotypes.</p> <p>One such law gave men preference in being chosen to administer estates (men were more familiar with money and business), another was a Social Security law that deprived men of receiving benefits from a deceased wife (wives were typically only secondary breadwinners). Ginsburg’s appreciation for gender equality extended to her home life, and she and husband, Martin Ginsburg had an equality in their marriage that was almost unheard of in the 1950s. Martin, who she met on a blind date while an undergraduate at Cornell and married in 1954 was committed to sharing the child-rearing and housework, and is rumoured to have taken on the majority of the household’s cooking. He left a lucrative law career in New York to move with her to Washington, when President Jimmy Carter named Ginsburg to the United States Court of Appeals for the District of Columbia Circuit. Without the support of an equal marriage, it’s unlikely Ginsburg could have achieved all that she did.</p>
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			<p>RBG definitely moved the bar forward on equal rights. As much as for what she accomplished, Ginsburg will be remembered for how she accomplished it. She saw inequities and chipped away at them for more than half a century. She never gave up. She just kept fighting. The combination of her tenacity and her intellectual acuity made her a force to be reckoned with.</p>
88	<p>"I am mine before I am anyone else's"</p>	<p>Nayyirah Waheed</p>	<p>Nayyirah Waheed is a poet and author who has published two books of poetry and ...women all over the world are currently resonating with her life-changing words. Waheed is a reclusive writer who doesn't reveal many details about her life, and her poetry is known for being short, minimalistic and incredibly touching, covering topics such as love, identity, race, and feminism.</p> <p>Not much is known about Waheed's background and childhood, with Waheed describing herself as a "quiet poet" who doesn't share much about her life. What is known is that Waheed began writing at the age of eleven after being assigned to write a poem for a community newspaper by her English teacher. Since then, she has published two books and gained a loyal following. I have included her in this project as I think that these words "I am mine before I am anyone else's" are life changing.</p>
89	<p>"I found myself, I made myself and I said what I had to say."</p>	<p>Suzanne Valadon</p>	<p>"I had great masters. I took the best of them and of their teachings and their examples. I found myself, I made myself and I said what I had to say."</p> <p>Over a century ago, Suzanne Valadon began painting lively nude portraits of sensual and self-assured women, with full, curvy bodies and pubic hair. Occasionally, she painted nude men as well, bucking art historical tradition and presenting them as figures of desire. Her canvases were full of bold outlines, vibrant colours and loose brushwork, and she deftly illustrated her subjects' interior lives, rather than the idealized scenes of leisure so prevalent at the time.</p> <p>Championed by some of her most famous contemporaries, including Edgar Degas and Pierre-Auguste Renoir, Valadon was no minor artist, and one of the few women painters of the era to receive critical acclaim. Yet, like many women artists of the 20th century, her fame faded after her death.</p> <p>From the start, Valadon was a controversial figure in Paris' thriving art scene at the turn of the century, known as much for her bohemian attitudes and provocative personal life as her distinct, rebellious vision.</p> <p>"People were quite scandalized by her lifestyle – especially the fact that she had a younger lover!</p> <p>In 1865, Suzanne Valadon was born Marie-Clémentine Valadon to an impoverished single mother in Montmartre. She was a headstrong, imaginative child who exasperated the nuns trying to teach her. Valadon held a series of short-lived menial jobs before training as a circus performer at 15 years old, but her career was cut short by a back injury sustained during a trapeze stunt.</p> <p>It was during her recovery that Valadon began to draw. Lacking the training or money typically needed to enter the art world, she began modelling for artists. It was a salacious job, considered to be on par with sex work at the time, but one that offered her direct access to the art milieu of Paris.</p> <p>Her reputation spread through word of mouth, as well as her determination to socialize and network in spaces exclusive to male artists, particularly the smoky, absinthe-steeped rooms of Parisian cafe culture. Soon Valadon was populating the works of some of the most famous Impressionist painters of the time. Most famously, she danced across Renoir's scenes.</p> <p>But Valadon did more than just pose. She used the sessions as informal training, observing and learning from the artists for whom she modelled. When she showed painter Henri Toulouse-Lautrec, he introduced her to Degas, who became her mentor in 1889.</p>

			<p>As she was beginning to stake her claim in the art world, Valadon was raising a young child, having become pregnant at 18, yet she didn't start to receive attention for her work until her late 20s, and it was noted at the time - "For an untrained, lower-class woman artist to have her work accepted -- it was outlandish, unthinkable, impossible,"</p> <p>When she married businessman Paul Mousis and moved out of Paris, her artistic output slowed. Further complicating her life were her son Maurice's troubles in school, and his growing alcohol addiction, which first took hold when he was a teenager. She often put her energy into Maurice's artistic talent, hoping that a painting practice would ease his troubles.</p> <p>Though Degas continued to submit Valadon's work to exhibitions, she didn't give her full attention to her art career again until she was 45 years old, after she left her husband for the younger artist André Utter. She began to paint prolifically, making studies of herself and her family, as well as the nudes she became known for. In 1909, her painting "Summer" was accepted into the new and trendy Salon d'Automne, followed by her first solo show in 1911 where her nudes were described as "powerful," and that they "enchant the viewer by virtue of the truth that emanates from them."</p> <p>Valadon's figures didn't adhere to the delicate femininity that was expected of the time. They were contemporary women with modern clothes and hairstyles, as well as body hair -- a far cry from the timeless nudes so prevalent in art history.</p> <p>Even more surprising were Valadon's depictions of nude men, though she rarely painted them. The fact she was painting male nudes at all in the early 20th century was deemed pretty shocking!</p> <p>Valadon also chronicled her own body as she aged, painting herself nude well into her 60s -- which, at the time raised a few eyebrows!</p> <p>In the last decade of her career, Valadon exhibited worldwide, with shows in New York, Prague, Chicago and Berlin. In 1938, she died at the age of 72 after suffering a stroke. At the time, French art critic George Besson called her "the most justifiably famous" woman painter of the era.</p>
90	<p>"I stand on the sacrifices of a million women before me" (thinking what I can do to make the mountain taller so the women after me can see farther)</p>	Rupi Kaur	<p><i>"I stand on the sacrifices of a million women before me, thinking what I can do to make the mountain taller so the women after me can see farther"</i></p> <p>Rupi Kaur (born 4 October 1992) is an Indian-born Canadian poet, illustrator, and author, and she is my ultimate favourite and a huge influence in my life.</p> <p>She received widespread popularity, after the publication of her debut book <i>Milk and Honey</i> (2014), which went on to sell over 3 million copies worldwide and spent more than a year on <i>The New York Times</i> Best Seller list. In 2017, Kaur released her second book, <i>The Sun and Her Flowers</i>, leading her to be named on the BBC's 100 Women in 2017, and her third poetry collection, <i>home body</i>, was released on Nov. 17, 2020.</p> <p>Her work explores relationships, the immigrant experience, love, loss and sexual trauma.</p> <p>Rupi Kaur was born into a Sikh family in Punjab, India. She immigrated to Canada with her parents when she was four years old. Her father worked as a truck driver and her family eventually settled in Brampton. She was inspired by her mother to draw and paint and she continued her art into her teens, but at age seventeen, she shifted her focus to writing and performing.</p> <p>In March 2015, Kaur posted a series of photographs to Instagram depicting herself with menstrual blood stains on her clothing and bed sheets. Described as a piece of visual poetry, it is considered among her more notable works, challenging the prevalent societal menstrual</p>

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