Emilie Aries is a speaker, podcast host, author, and the Founder & CEO of Bossed Up, an award-winning personal and professional development community where she helps women craft happy, healthy, and sustainable career paths.

Her brand-new book, Bossed Up: A Grown Woman's Guide To Getting Your Sh\*t Together, serves as a practical roadmap for women who want to set themselves up for sustainable, long-term career success and step up as the boss of their lives.

Learn more in Emilie’s TED talk, The Power of No, where she shares how to set healthy boundaries and invest in your sustainable success. You can also boss up your earbuds with the twice-a-week Bossed Up Podcast, where Emilie and her expert guests break down listener career conundrums and offer up boss tips to help you beat burnout and craft a sustainable career path.

Aries is ranked among such luminaries as Chelsea Clinton and Janet Mock in the LEVO 100, and received WIN’s Young Women of Achievement Entrepreneurship Award and the YWCA National Capital Area’s 2015 Rising Star Award.

Previously, Emilie served on national political campaigns as a digital strategist and grassroots organizer, where she trained and managed hundreds of organizers, helped campaigns leverage online communication technology, and smashed stereotypes about women in tech.

She earned her B.A. in political science from Brown University and completed a Fellowship on Organizing at the Harvard Kennedy School of Government. Emilie is based in Denver, CO and combines her political instincts and personal experience with burnout to help others step into their power and be the boss of their lives.

**About the Book:**

Bossed Up is a research-driven guide for being the boss of your career and life.

After recovering from her own bout of burnout, Emilie Aries spent the last decade learning why women struggle with the “martyrdom mindset” and advocating for our own sustainable success.

This book chronicles Emilie’s own come-up story paired with research-backed, actionable advice and dozens of real stories from a diverse array of women in the Bossed Up community who’ve applied these lessons to their own careers.

**Social Media Links:**

Bossed Up’s Facebook page: www.facebook.com/bosseduporg

Bossed Up’s Facebook group: www.facebook.com/groups/927776673968737/

Bossed Up’s Instagram: @bosseduporg

Bossed Up’s Twitter: @bosseduporg

Emilie’s Facebook page: www.facebook.com/emiliearies

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