

# REGINA F. LARK PhD

■ DYNAMIC SPEAKER • AUTHOR • EDUCATOR

Emotional labor is the unseen, unnoticed, unwaged, unwritten, unanticipated work women do at home. The mental weight and work of emotional labor are never-ending. *Emotional Labor: Why a Woman's Work is Never Done and What to do About It* puts a bright red bow on emotional labor and makes it visible by calling it what it is: work. It is work that does not wear a skirt or lipstick or a bra. Yet even now, the mother load falls on the shoulders of millions of women. This antiquated construct has no place in modern society.

Dr. Regina Lark, a feminist historian, professional organizer, and noted author of several books, disrupts the narrative and gives emotional labor the respect it deserves. *Emotional Labor* advocates for a more equitable sharing of household work and emotional labor.

Regina is a noted speaker both in-person and via various media. With intelligence, insight and humor, she engages with diverse audiences, providing authentic support to help them change their lives.

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## BOOK CLUBS:

Regina will supply a set of questions to accompany the book.

## ■ SAMPLE TOPICS FOR WOMEN'S GROUPS & ORGANIZATIONS, BOOK CLUBS AND NONPROFITS

### ■ WHAT IS "WOMAN'S WORK" AND WHY IS IT NEVER DONE?

Regina examines the historical underpinnings for "a woman's work" and provides strategies to disrupt the narrative.

### ■ THE EMOTIONAL LABOR CUPCAKE

Baking cupcakes for your child's school project involves more than mixing up a batch. It's planning, processing, sequencing — from idea to oven to school — and involving your child! Regina explores reasons for looking at all functions and tasks of the household through the lens of project management and delegation.

### ■ NAG, BITCH, SHREW: THE EMOTIONAL LABOR OF THE PERPETUAL ASK

If you asked once, you've asked 100 times, and now ... you're a nag. What is it about "the ask" that turns "please wash your cup" into a full-blown argument? Regina suggests that a woman's work is never done because others in the household aren't doing their share. She discusses why listening and noticing are skills everyone in the home could adopt as their own.

### ■ "I HAD NO IDEA IT WOULD BE SO MUCH WORK!": THE EMOTIONAL LABOR LIFECYCLE

What if you had a template that would highlight ALL the labor that goes into developing our relationship to emotional labor? Regina introduces the concept of the "emotional labor lifecycle" to help young couples and established families identify, navigate and delegate work.

### ■ UPLIFT AND ELEVATE: REIMAGINING THE SISTERHOOD

In the 1960s, Betty Friedan called it "the problem with no name." Today, we call it "emotional labor." Women's bodies and brains are being crushed under its weight, and we think we're the only ones experiencing the heaviness of it all. Regina makes the case for reimagining our sisterhood and why developing these relationships can be so damn powerful.



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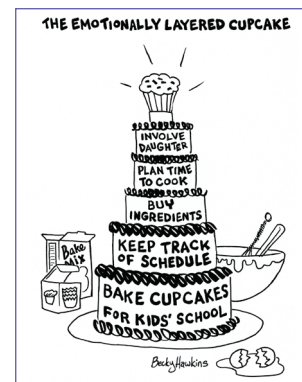
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