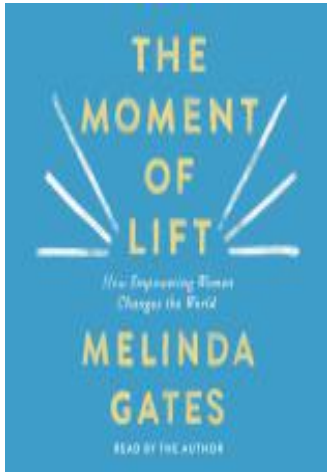


# The Moment of Lift: How Empowering Women Changes the World (Audiobook)

written and read by Melinda Gates

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## About the Book

“THE MOMENT OF LIFT is an urgent call to courage. It changed how I think about myself, my family, my work, and what’s possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page.” ?Brené Brown, Ph.D., author of the *New York Times* #1 bestseller DARE TO LEAD

A debut from Melinda Gates, a timely and necessary call to action for women's empowerment.

“How can we summon a moment of lift for human beings --- and especially for women? Because when you lift up women, you lift up humanity.”

For the last 20 years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down.

In this moving and compelling book, Melinda shares lessons she’s learned from the inspiring people she’s met during her work and travels around the world. As she writes in the introduction, “That is why I had to write this book --- to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live.”

Melinda's unforgettable narrative is backed by startling data as she presents the issues that most need our attention --- from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world ---- and ourselves.

Writing with emotion, candor and grace, she introduces us to remarkable women and shows the power of connecting with one another.

When we lift others up, they lift us up, too.

## Discussion Guide

Discussion guide to come.

## Author Bio

Co-chair of the Bill and Melinda Gates Foundation, the largest private foundation in the world, Melinda Gates has dedicated her life to achieving transformational improvements in the health and prosperity of families, communities and societies. Core to her work is empowering women and girls to help them realize their full potential. In 2015, Melinda created Pivotal Ventures, an investment and incubation company that enables her to bring together other new and emerging strands of her advocacy and philanthropic work focused in the US. Melinda received a bachelor's degree from Duke and an MBA from Duke's Fuqua School. After joining Microsoft Corp. in 1987, she helped develop many of the company's multimedia products. In 1996, Melinda left Microsoft to focus on her philanthropic work and family.

Photo Credit: Pivotal Ventures - Jason Bell

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