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**For Immediate Release**

**KICKING ASS IN A CORSET**

Jane Austen's 6 Principles for Living  
and Leading from the Inside Out

By Andrea Kayne

Publisher: University of Iowa Press

Publication Date: September 15, 2021

Price: \$18.00 paperback // ISBN: 978-1-60938-760-0

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"Utterly clever use of Jane Austen's brilliance to inspire women . . . Pure gold."  
—Caroline Myss, author, *Anatomy of the Spirit* and *Intimate Conversations with the Divine*

"Kayne uses Austen's six heroines as models for today's women leaders, as she  
cleverly weaves together literary criticism, memoir, and leadership advice."  
—Devoney Looser, author, *The Making of Jane Austen*

"This is the best empowerment book for women today. Grab your copy  
and start accessing a whole new kind of power for leading from your divine feminine!"  
—Laura Berman, bestselling author, relationship expert, and OWN television host

**A FRESH AND INSIGHTFUL PLAYBOOK FOR WOMEN LEADERS**

**In Her New Book, KICKING ASS IN A CORSET,  
Expert Andrea Kayne Uses Jane Austen's Six Archetypes to  
Help Women Harness the Power of Internally Referenced Leadership**

What can organizational leaders in business, education, government, and most any  
enterprise learn from an unemployed, unmarried woman who lived in patriarchal,  
misogynistic rural England more than 200 years ago? As it turns out, a great deal.

In her new book, **KICKING ASS IN A CORSET**, leadership expert Andrea Kayne,  
identifies the six core virtues of novelist Jane Austen's heroines — confidence,  
pragmatism, diligence, integrity, playfulness, and humility — and shows how they form the  
basis of internally referenced leadership. Taken together, these principles help women tap  
into a deep well-spring of personal strength and internal locus of control, no matter what is  
happening around them.

According to Kayne, internally referenced leaders embrace the following characteristics:

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- Like Elizabeth Bennet from *Pride and Prejudice*, they tap their own internal and inherent value, especially in external environments that intentionally or unintentionally devalue them or create other outer conditions of unworthiness.
- Like Elinor Dashwood from *Sense and Sensibility*, they respond to external tumult and adverse change with an internal calm, acceptance, and problem-solving resilience rather than as the passive victim of external circumstance and self-pity.
- Like Anne Elliot from *Persuasion*, they choose and create paradigms based on internal worthiness, hard work, and merit over external constructs that bestow the shortcuts of privilege, entitlement, and being a member of the “right” club.
- Like Fanny Price of *Mansfield Park*, they insist on faithfully following their internal moral compass and normative principles, even in the face of external pressure, coercion, and material consequence.
- Like Catherine Morland of *Northanger Abbey*, they protect and retain their internal childlike dreaming, wonder, curiosity, passion, and hope—especially in an external world that can be discouraging, disillusioning, and full of despair.
- Like Emma Woodhouse from *Emma*, they are constantly willing to learn from an internal place of openness and humility rather than project and misbelieve an illusory external image of perfection, superiority, and benevolence.

Utilizing practical exercises, real-life case studies, and literary and leadership scholarship, **KICKING ASS IN A CORSET** maps out effective leadership that teaches readers how to tune out the external noise and listen to themselves so that they can truly live and lead from the inside out. As Angella Nazarian, co-founder of Visionary Women, said, “This book is a roadmap for women leaders who want to tap into their own reserve of power to lead consciously, skillfully, and fearlessly.”

### About the Author

**Andrea Kayne**, author of **KICKING ASS IN A CORSET**, serves as director of the doctoral program in educational leadership and is associate professor at DePaul University. She has taught, written, and consulted in the areas of empowered leadership, feminist leadership, emotionally intelligent leadership, and internally referenced leadership. Her new courses, based on internally referenced leadership, are offered in partnership with DePaul University.

Andrea Kayne received her Bachelor of Arts degree from Vassar College, her Masters of Education degree from Harvard Graduate School of Education, and her Juris Doctorate degree from the University of Pennsylvania. She lives in Oak Park, Illinois.

To learn more, visit: [www.andreakayne.com](http://www.andreakayne.com).