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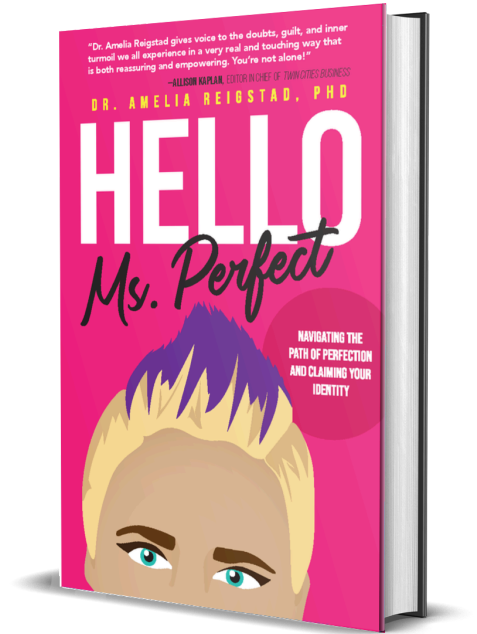
THE BOOK

An instant Amazon bestseller and #1 in Biographies & Memoirs of Women

In each chapter of this women empowerment book, Dr. Amelia Reigstad, PhD, seeks to change the narrative for women in the workplace, social situations, and the home. With wry humor, she celebrates living authentically and shedding the pressure of perfectionism.

Societal and patriarchal expectations, and even self-induced pressure, for women are sky-high. In every setting, we face scrutiny. Are we setting our kids up for success? Being a team player at work? Taking care of the household? Being a good wife? Staying energized? Maintaining our figure?

Hello Ms. Perfect leverages her expertise to say goodbye to the burden that society, patriarchy, and even ourselves place on womanhood.



ABOUT THE AUTHOR



Dr. Amelia Reigstad, PhD, is a change agent, keynote speaker, and facilitator with a love of knowledge and a passion for empowering women to use their voice to initiate change. With over two decades of leadership and communication experience across industries, she enjoys sharing her expertise through keynote speaking, training programs, and workshops.

Over the course of her career, she has authored numerous articles on gender, communication, leadership success, and authenticity. Her second book, Hello Ms. Perfect, empowers readers to shed the pressure of perfection and buck the system.

Dr. Reigstad is a Twin Cities Business magazine Notable Women Entrepreneur and founder of The Women Empowerment Series and The Women Collective.

PRAISE

"Dr. Amelia Reigstad gives voice to the doubts, guilt, and inner turmoil we all experience in a very real and touching way that is both reassuring and empowering. You're not alone!"

Allison Kaplan, editor in chief of Twin Cities Business

"As someone passionate about authenticity and encouraging women to disrupt the status quo, Hello Ms. Perfect was a refreshing call to action. It celebrates imperfection with humor and truth, inviting readers to embrace their identities and claim their worth unapologetically. A must-read for every woman who's ready to own her story and break free!"

NANCY LYONS, Entrepreneur, speaker, and author of Work Like a Boss

IN THE MEDIA

Dr. Amelia Reigstad, PhD. has been featured in multiple media outlets, publications, and podcasts, most notably:

HuffPost, NBC TODAY! Show, WCCO Minnesota, Twin Cities Business Magazine, and Authority Magazine