



# Sexual Harassment: A Practical Guide to the Law, Your Rights, and Your Options for Taking Action

*Jane LaLonde, Tracy O'Shea*

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**At last a practical and thorough sourcebook for anyone faced with the ordeal of sexual harassment.**

*Until two years ago, we were two ordinary working women with career goals and bright futures...Then suddenly everything changed. We encountered a situation we never thought would happen to us--we became victims of sexual harassment.*

While sexual harassment is increasingly in the headlines, it remains a confusing, isolating ordeal for the individuals whose lives it affects. In addition to the feelings of powerlessness, anger, and fear it often instills, a woman (or man) who is being sexually harassed is faced with a maze of professional, legal, and personal decisions. This book, written by two women who conducted intensive research in order to find their way through the maze, offers a lifeline of information and a safety net of support. With a balanced point of view and generous checklists, examples, and personal narratives, the book covers:

Legal and practical definitions of what sexual harassment is--and not

Whether and how to file a formal complaint

Whether to hire a lawyer and what to expect from the legal process

What retaliation is and how to fight it

How to deal with the emotional stress, invasion of privacy, and career changes that often result from being sexually harassed

This indispensable book sheds light on a difficult and little-understood problem.

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