

PRESS KIT

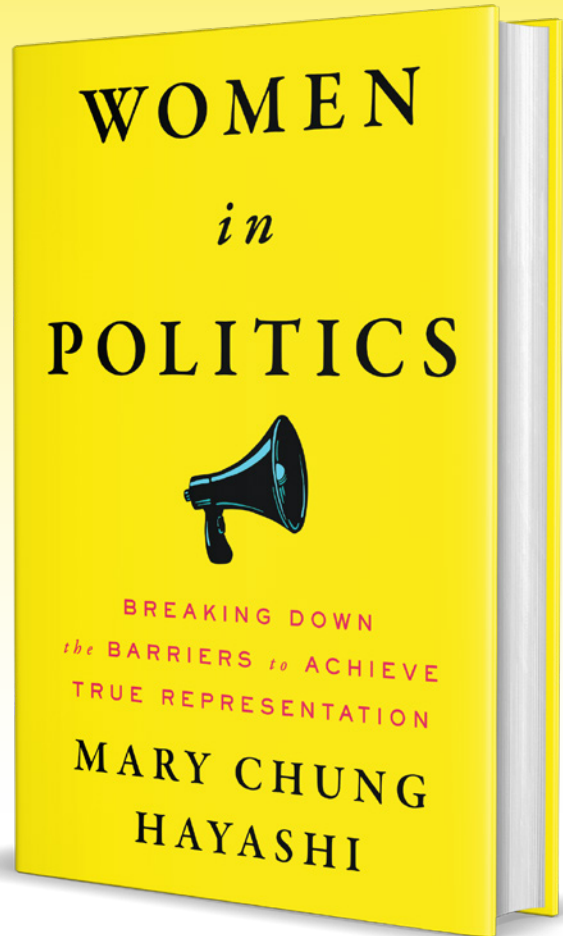
WOMEN *in* POLITICS:

Breaking Down the Barriers to Achieve True Representation

In *Women in Politics*, award-winning author and healthcare leader Mary Chung Hayashi offers a riveting exploration of the strides made by women in government.

This essential, contemporary analysis bridges the gap between past and present, blending Mary's personal journey as an Asian American immigrant and former California State Assemblymember with the inspiring stories of trailblazing women in political leadership.

Featuring interviews and insightful discussions, Mary brings to life the trials and triumphs of these women, showcasing their invaluable contributions to political landscapes and the transformative power of their perseverance. Her work sheds light on the ongoing struggles for gender-political parity and serves as a call to action: we must actively participate in shaping our democracy. *Women in Politics* is not just a book; it's a tribute to women's political journey and a compass guiding us all toward a future of inclusive leadership and a truly representative democracy.



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Books may be purchased
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PRESS KIT FOR WOMEN IN POLITICS

From the Foreword by

MARIEL HEMINGWAY, ACTRESS AND AUTHOR



“*Women in Politics* is a book that inspires women, reminding them that their voice does matter. But it’s more than that. Mary’s political and other achievements are significant not because she is a woman, but because she worked tirelessly to ensure their importance. As a result, these accomplishments have become life-altering solutions for women.”

ABOUT THE AUTHOR



Mary Chung Hayashi is an award-winning author, national healthcare leader, and former California State Assemblymember. With a distinguished career in public service, Mary has spearheaded substantial reforms in mental health services, championed gender equality, and forged powerful, unprecedented partnerships for social causes that previously had no financial or public backing. Recognized as “Legislator of the Year” by the American Red Cross and the California Medical Association, Mary has also been featured on *Redbook’s* “Mothers and Shakers” list and *Ladies’ Home Journal’s* “Women to Watch.” As Principal of Public Policy & Advocacy Solutions, she has successfully advised business and policy leaders on some of today’s most complex public policy matters. Mary remains a steadfast proponent of social justice expansion and the rights of underrepresented communities. For more information, please visit maryhayashi.com.

MARYHAYASHI.COM

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SAMPLE INTERVIEW QUESTIONS

- In the United States, women win elections at the same rate as men but are less likely to run for office. What are the barriers that keep women from running for office?
- What motivates women to run for public office?
- What are the primary reasons for the underrepresentation of women in politics?
- Are there differences in political ambition between women and men?
- Research and interviews prove women's political participation advances complex and emerging public policy issues. What are some of the significant public policy achievements concerning gender equality?
- The media's portrayal of women directly impacts women's ability to campaign and win public office. What are some of the challenges for women candidates concerning media coverage?
- Women of color now hold elected office at historically unprecedented levels. However, they continued to remain underrepresented, especially in statewide positions. For example, no Black woman currently serves in the US Senate. What are the unique barriers women of color candidates experience when running for office?
- A recent analysis of the 2020 congressional races found that women candidates were significantly more likely to experience online harassment and abuse than male candidates. How does social media impact women in politics?
- Global Gender Gap Report 2022 of the World Economic Forum results show that it will take 132 years to reach full gender parity at the current pace. What are some of the strategies for closing this gender gap?
- What are you hoping readers will take away from the book?

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WOMEN IN POLITICS FEATURES
INSPIRING STORIES FROM THESE TRAILBLAZING
WOMEN IN POLITICAL LEADERSHIP

“When you go so long in your life without a voice, you can’t stand by while others remain voiceless.” Lauren was driven to public service because she felt compelled to fight for victims who couldn’t fight for themselves. She wanted to help those who suffered through similar trauma as she had and, ideally, to prevent such tragedies from happening in the first place.

—LAUREN BOOK

Democratic Leader of the Florida State Senate, internationally respected child safety expert, and former classroom teacher

In November 2022, after a hard-fought campaign and a whopping eight days to tally the votes from the neck-and-neck race, Karen Bass made history as the first female mayor of Los Angeles and the first woman of color to hold the job. It was not the first time she had made history in politics. In 2008, while serving in the California State Assembly, she was the first Black woman elected to serve as speaker of any state legislature.

—KAREN BASS

Mayor of Los Angeles and former Speaker of the California Assembly

“I often thought about the farmworkers left behind at the labor camp. Although I had fulfilled the dream of becoming an accountant, I wanted to make a difference in the lives of others.”

—CONNIE PEREZ-ANDREESEN

Certified Public Accountant and the Chief Administrative Officer for the United Farm Workers of America (UFW)

When I asked Dr. Lisa Reynolds which was harder, completing medical school or running for public office, she scoffed and declared running for public office was infinitely harder. “In medical school, you know exactly what’s expected of you. You must complete XYZ and everyone has the same path to follow in order to complete it. With a political campaign, you have no idea what is going to be thrown at you, what questions or issues you’ll have to address, and no two paths are the same.” The best you can do is go into it prepared, with thick skin and a good team.

—LISA REYNOLDS

Pediatrician and Oregon State Representative

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After spending three decades in prison, Rosemary's family and friends weren't around; she had no place to go. Fiona helped Rosemary secure housing and the resources she needed to start living her life at the age of sixty-seven. "If it weren't for Fiona," Rosemary Dyer told me during my visit to her Treasure Island home, "I would live in a cardboard box somewhere."

—ROSEMARY DYER

One of many abused women serving life without parole for killing their abusive partners

—FIONA MA

34th California State Treasurer and former San Francisco County Supervisor

"I had a personal mission," Dr. Fuller told me. "Whether or not I won the election, I felt compelled to make the issues known and do whatever I could to improve things." Men tend to run for office because they seek a leadership position; women, on the other hand, tend to run because of an issue they care about deeply, such as those related to children and families. Through our advocacy experience, we realize we can do more by holding public office.

—JEAN FULLER

*Former California State Senate Republican leader and
Superintendent of Schools for Bakersfield City School District*

"My work ethic is that if I commit to doing something, I need to be sure I can do it fully at one hundred percent," Sue explained. "After weighing the personal sacrifices that would be required to serve in Sacramento, I didn't believe I could make that level of commitment. And I didn't want to occupy a seat for a four-year term only to decide I couldn't continue."

—SUE CHAN

Ohlone Community College Trustee and former Fremont City Councilmember

In the 1970s, Sandy began her activism by participating in the American Indian Movement and protesting the Vietnam War. Though she became an active anti-war advocate, women weren't allowed in organizing or strategy sessions back then. She and other women activists made coffee for everyone and provided administrative support to the male activists engaged in organizing strategies. So, when the women's movement started, she was all over it. And in 1972, when Sandy attended the first women's march in New York, it changed her life.

—SANDY PAPPAS

Minnesota State Senator and former President of the State Senate

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During our interview, Cindy shared her original inspiration to run. “When my daughter suggested I run for city council to address the issues facing my business, that sparked something in me. I wanted her to see her mom as someone strong who could make a difference, not just complain about the problems.”

—CINDY RYU

State Representative of Washington State House of Representatives

“Back then, it was still very much a boy’s club,” Sunny recalled during my interview with her. “We weren’t allowed into the Sutter Club”—Sacramento’s historical meeting place for California politicians and lobbyists—“but instead of fighting to prove we belonged in their club, I eliminated the glass ceiling by starting our club!”

—SUNNY MOJONNIER

Founder of Women in California Politics and former California State Assemblywoman

“I have never walked away from a fight, but I also know to choose my battles wisely. Coming from our broken childhoods, my husband and I know that having a stable family is a luxury, and putting my girls front and center of a battle that is not theirs to wage is not something I’m willing to do. So, today I’m choosing to fight for my family and wind down my campaign for the California State Assembly.”

—GISELLE HALE

Mom, technology leader, and former Redwood City Mayor

“For women, we have to overcome obstacles to running, and even more challenges await when you’re elected to a male-dominated institution like the state legislature.” Because Sally didn’t have much support from women legislators when she was a candidate for state assembly, she was determined to help other women candidates who ran for office.

—SALLY LIEBER

California Board of Equalization member and former California State Assemblywoman

During Cathleen Galgiani’s assembly race, a member of her opponent’s campaign team called her unmarried, childless, and lacking family values. “It hurt that after everything I’d done and accomplished, I was reduced to that part of who I am. And that it was construed in such a negative way that never would have been done to a man,” Cathleen explained.

—CATHLEEN GALGIANI

California Gambling Control Commissioner, former California State Senator and Assemblymember

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“What is it like to work in a female majority legislature?” I asked Senator Dallas Harris, who was appointed to the Nevada State Senate seat in District 11 in December 2018. “Do you think the work and culture of a female majority legislature are different from a male majority legislature?”

“Absolutely!” Dallas responded. “I wouldn’t be here without trailblazers like State Senator Pat Spearman,” the first openly lesbian and African American member serving in the Nevada State Legislature. She emphasized the significance of the presence of other women in the legislature and that personal experiences and identities influence their legislative priorities.

—DALLAS HARRIS

Nevada State Senator and former Nevada Public Utilities Commissioner

Darrell also helped me understand what this career would demand of me. “Public service is wonderful, but it has to be a choice, and you must understand the sacrifices,” he said. “What’s the toughest thing about public service? You devote yourself to the public and your causes, leaving less time for family and other personal interests. I’ve been fortunate to maintain close relationships with my family, but I feel I missed out on some things. I never felt as present as I’d like because of the service obligations.”

—DARRELL STEINBERG

Mayor of Sacramento and former President ProTem of the California State Senate

During my interview with renowned pollster and political strategist Celinda Lake, Celinda described the phenomenon of compounding perceptions: “Democrats tend to be weak on crime; women tend to be weak on crime. So if you’re a woman and a Democrat, voters assume you are weak on crime.”

Celinda then described how the 2022 election cycle was an interesting time for women candidates, particularly because the two dominant issues were the economy and crime. “Voters don’t think women are as strong on the economy. Confidence matters as much as competence. But gender stereotypes held by voters may disadvantage women candidates. Even when women are self-assured about their qualifications, women candidates must deal with voters who often use gender stereotypes to evaluate political candidates.”

—CELINDA LAKE

One of the Democratic Party’s leading political strategists; one of two lead pollsters for the Biden campaign in 2020; pollster for the Democratic National Committee (DNC)

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“[When a woman is elected into office] it breaks down the [imagination] barrier in voters’ minds and helps voters reimagine what leadership roles look like, and opens the door for women at all levels in politics.”

—AMANDA HUNTER

Executive Director of the Barbara Lee Family Foundation

Laphonza has a personal appreciation for the importance of representation. Growing up in a small town in Mississippi, her family lived paycheck-to-paycheck as her mother worked three different jobs to support Laphonza, her siblings, and their father, who was sick with heart disease.

“I lived the experience of being on government assistance. I witnessed my mom repeatedly making the genuine decision between paying rent or putting food on the table. But I also saw the leadership that was brought forward in my mom. I saw the same thing in the women I worked with at SEIU [Service Employees International Union of California].

I grew up understanding politics through the lens of survival, but I also experienced how survival builds leadership and empathy and brings them to the forefront. Those are the types of people we need leading our communities. And that’s who EMILY’s List is here to help—help them get elected to office so they can help others.”

—LAPHONZA BUTLER

US Senator and former president of EMILY’S List