

Self!sh: A “Playbook for Life” by Actor & Author Stephanie Szostak

Podcast | Madam Policy

October 25, 2023 | 1 minute read

Are you ready to take some time for yourself every day? Restore your confidence? Rejuvenate your mind? Then pick up your copy of Self!sh by actress and author Stephanie Szostak today! Self!sh is your personal playbook for your mindset. Stephanie calls it “your toolkit to cope and grow.” Stephanie created Self!sh in collaboration with Give an Hour—a national mental health nonprofit focusing on providing direct counseling, peer support groups, and education. One thing that is absolutely NOT selfish about Stephanie is that a portion of the proceeds from her book go to Give an Hour.

Stephanie joins host [Dee Martin](#) to discuss her new book Self!sh, her struggles with anxiety, and her career. She shares about what led her to write Self!sh, highlighting her experience with loss and imposter syndrome as her career ramped up. She shares how those feelings led her on a journey to address how her self-worth is not tied to outside validation. Stephanie simultaneously inspires us and provides a pragmatic approach to developing tools to succeed in life.

Stephanie is an award-winning actor who played opposite Meryl Streep as French Vogue Editor Jacqueline Follet in the iconic film *The Devil Wears Prada*; she won Best Lead Actor – Female for her film *Satellite*; she played the villain Brandt opposite Robert Downey, Jr. in *Iron Man 3* and so much more. She also starred in the ABC series *A Million Little Things* and now she is a new author! Don't miss this episode.

Related People

E. Dee Martin

Partner

WASHINGTON, DC

+1.202.828.5818

dee.martin@bracewell.com

Related Practices

[Government Relations](#)