

Book Review

Pritchard PA and Grant CS [eds.]. 2015. *Success Strategies from Women in STEM: A Portable Mentor*. Academic Press, Oxford, United Kingdom, 519 p. ISBN 978-0-12-397181-4, US\$44.95 (Paperback and eBook).

This book contains a wealth of information for women interested in career paths in science, technology, engineering, and mathematics (STEM). The 2nd part of the title, “A Portable Mentor,” is an accurate descriptor as this book focuses on advice and useful tips for career advancement, success, and balance of work with a personal life. This is the 2nd edition of the book *Success Strategies for Women in Science*, which was originally published in 2005.

The contributors to this book provide insight and experience from a broad collection of professions and departments. These range from faculty in biology and other science departments, medical schools, a college of engineering, a department of human development, and businesswomen from companies such as Industrial Engineering and Management Systems and Alberta Climate Change and Emissions Management Corporation. Immediately in the prologue, the book does a good job of connecting with many readers by stating, “*I never thought of myself as a scientist, at least not in the way scientists are conventionally portrayed to the public.*” Many women who pursue career paths in STEM fields in all probability relate to this idea. This type of sentiment continues to be used throughout the book to connect with readers, keeping the audience engaged.

The 1st chapter focuses on career management and contains several accounts from women in STEM fields about the path that led them to their current STEM positions. It gives a firsthand point of view of challenges these women faced when progressing throughout their education and careers. The chapter goes on to describe steps for effective career management and provides examples of how to self-assess decisions when making major career changes.

Chapter 2 discusses the importance of networking. This includes the importance of networking in STEM, who can and should be involved in your network, and how to network effectively. It gives examples for how to increase your network, such as attending meetings and conferences, using social media, and attending seminars. It also provides suggestions for preparing a networking event, and what you should include in a 30 s introduction about yourself. In addition, it provides examples of several online networks designed for women in STEM.

The next chapter explains mentoring, both how to successfully find and become a mentor. It introduces types of mentors and their relationships, expectations for mentors and mentees (Table 3.1), how to identify a potential mentor, and how to initiate and maintain the relationship. Examples of opportunities and organizations to connect with other practicing STEM professionals are given and are very up-to-date in this edition.

Next, chapter 4 details the mental toughness that one must have in STEM fields, and how to attain this toughness. Table 4.1 compares and contrasts mental and physical fitness and gives examples of engaging in positive self-talk and how to change a triggering, stressful thought into a diffusing thought to become a more productive scientist and mentor. This flows well into chapter 5, “Time Stress,” where readers are given suggestions for time management, including how to develop a daily activity log and how to classify activities based on a time management matrix. Time management is a crucial aspect of balancing everything

necessary in a STEM position, and this chapter is helpful in addressing ways to excel in this endeavor.

Chapter 6 switches the focus from mental aspects of STEM fields to personal style and discusses how to dress appropriately for any type of work-related situation, including formal, general, and casual work attire. There is a very helpful set of guidelines on page 181 in the “Summing Up Dressing Up” section for dressing well in a work environment.

As a professional interested in STEM education, I believe chapter 7 is one of the most important chapters in the book; this chapter focuses on science communication. Here the authors do an excellent job of discussing how to explain the importance of your work by knowing your science, understanding your audience, developing a clear message, and then transmitting that message. We learn about verbal and nonverbal communication, the importance of media communication, and are given references for further reading on these topics. This chapter is a nice transition into chapter 8, “Strategically Using Social Media.” The author of this chapter discusses why social media is important, how to get involved, when to use social media, and details about different media platforms. The term “altmetrics” is explained, and examples of dos and don’ts of social media are addressed. These altmetrics are complementary metrics to the traditional method of measuring scientific impact and link scientific publications to nonscientific audiences. They are gauged by use of online blogs and websites, radio, newspapers, and social media platforms. With social media becoming more prominent in today’s world, this chapter does a good job of addressing every aspect of social media engagement so that these tools can be used successfully.

In chapter 9, readers learn about negotiating and how it can be thought of as a process, a strategically focused conversation, and a balancing act. In this chapter, you will find very useful exercises that are provided as readers progress through the chapter, including an exercise on mentally and emotionally preparing for negotiations. In Table 9.2, a 7-step, principle-based negotiating process is also given.

Chapters 10 and 11 address leadership and climbing the ladder in STEM careers. Oftentimes, women are thought of as less likely to establish themselves in a leadership role, and the book provides a list of leadership behaviors to incorporate along with tips on becoming a better leader. In chapter 10, I identified with several meaningful quotes for recognizing your passion, pressing on until you succeed, and committing to what matters. When I read into chapter 11 (Climbing the Ladder), it seemed to have a lot of repetition of concepts from previous chapters, but it integrates these important steps for career advancement.

The next chapter focuses on the balance of personal and professional life and understanding what is right for you. There are several portrayals that were submitted by women who have gone through this process and how they came to their decisions to move forward. Each story provides a different outlook and decision made by the individuals. This chapter is very important because it is a topic most, or all, women in STEM will experience at some point.

Most women will be able to relate to the final chapter, "Transitions." It is broken into several sections about moving from one part of life to another. It gives details and personal stories about every stage, including high school to post-secondary education, post-graduate education to employment in and out of academia, all the way to retirement. This chapter lets readers reflect on their own transitions in the milestones they have already passed, as well as look ahead into those milestones they will one day reach. This chapter will be very helpful for building an understanding with mentors and mentees at different career stages.

Many of the chapters in this book relate to each other, with common themes occurring throughout. The authors provide a comprehen-

sive and easy-to-read book that gives exceptionally useful advice for women in any stage of their STEM careers. I think that all women who are interested in, or are already on, a STEM career path would benefit from reading this book, as there is something to learn in all of these chapters to help readers succeed in their careers.

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van Huis A, van Gurp H, and Dicke M [eds.]. 2014. *The Insect Cookbook: Food for a Sustainable Planet*. Columbia University Press, New York, New York, XVII + 191 p. ISBN 9780231166843. US \$27.95 (Hardcover).

The multi-authored *Insect Cookbook* delves into the benefits of adding insect protein to prepared dishes and how to do so in a tasty manner. The authors collaborated with chefs, a farmer, a researcher, a storyteller, and others who encourage readers to embrace entomophagy. Various recipes with accompanying illustrations tempt readers to try new, savory plates using insects that can easily be purchased from the Internet.

This book begins with an engaging foreword written by University of Amsterdam Professor Dr. Louise O. Fresco. She recognizes eating insects for nutritional and environmental benefits. Dr. Fresco also connects entomophagy to our past, with humans who readily consumed insects, and to awareness and acceptance of other cultures and their traditions.

The 1st section, "Insects: Essential and Delicious," briefly defines insects and illustrates their importance, and it explains insect diversity and abundance on the planet. In this section, Kofi Annan, the former secretary-general of the United Nations, says he believes entomophagy education will assist in people perceiving insects as a delicious food option. Of course, this book seeks to educate readers; thus, Annan promotes the editors' efforts. There are also tips for those first attempting insect preparation, such as storage and rehydrating advice. Communication and marketing is a common theme among the chefs, including Johan Verbon, chef de cuisine at Netherlands's Restaurant of the Future. Also aligning with Annan's beliefs is Pierre Wind, a chef and professor of food design in a Netherlands university, who wants to make the food appealing and educate consumers about entomophagy. According to researcher Harmke Klunder, her and her friends' perceptions of insects have changed, and this shows promise that others will be open to including insects in their diet. This section also lists several countries that take advantage of various insects, and presents recipes for using the insects. Storyteller Edoardo Ramos Anaya states he has seen the positive economic impact of insects where they are consumed, as well as the healthy long-term effects they have as meat alternatives. This section concludes with 5 easy-to-understand snack recipes.

Section 2, "Is It Healthy?," further enforces the idea of insect consumption as an ever-growing trend that began in the early 2000s and increased demand for insects. Marian Peters, an innovator in entomophagy, sees insects as the key to combating global hunger. Here, the editors discuss the safety precautions that must be taken when consuming insects. The book compares the nutritional value of insects to beef. This section includes recipes for appetizers: 3 salads, 1 carpaccio, and 1 soup.

The 3rd section, "Eating Insects: Naturally!," lays out recipes for 11 main dishes, 5 festive dishes, and 6 desserts. There are a few parts that

describe how societies currently use insects in food, indirectly (e.g., cochineal as red dye) and directly (e.g., eating palm beetle larvae in Latin America). There is also commentary from Daniella Martin, blogger of "Girl Meets Bug," describing her self-taught anthropology lessons concerning entomophagy. This is followed by pastry chef Robèrt van Beckhoven saying he has experimented with insects and his approach to getting people to try entomophagy is by gradually incorporating the insects into familiar dishes; and Danish top chef René Redzepi remarks he is mainly interested in the local insects' flavors, not sustainability or nutritional value.

In "On the Future and Sustainability," section 4, the editors list the usefulness of insects, from financial stability in southern Africa to artist Jan Fabre's sculptures using jewel beetle elytra. Similar to section 3's discussion about insects currently and frequently used, section 4 talks about shellac from the lac scale insect used as a coating for shining fruits and candy, as well as honeydew manna produced by psyllids and aphids used in South Africa and Australia. The editors mention insects as a meat alternative again and give an in-depth comparison of them with cattle, pork, and chicken, with information about greenhouse gas emissions, ammonia emissions, and production of the animals.

The photographs of the food look very enticing and would make even the most disgusted person interested in utilizing mealworms for a baklava, transforming it into "buglava." The bright colors and beautiful plating, combined with the continued emphasis of taste, work well to ease any fears of entomophagy. The editors ingeniously use images showcasing insects on the food and some where the insects are hidden within, which allows readers the option of serving up dishes to both accepting and fearful eaters of insects.

This book is geared toward anyone who can cook and wants to explore new recipes. Though informative and well-written, the book does not discuss limitations upon vegans and vegetarians who consider insects as meat. There is one paragraph titled "Vegetarians" in section 2, but it does not say much about vegetarians. (It only says that it would be nice "to see vegetarians eat insects as well.") Insects are also considered taboo in certain cultures, such as Hinduism and some sects of Judaism that still argue whether certain insects can be classified as kosher, but the editors neglect touching upon this fact. Limitations additionally exist for those with allergies, and as insects are related to crustaceans, the editors could have mentioned the allergies to shellfish and then incorporated this warning in the "Shrimp or Grasshopper?" subsection from the 1st section of the book. Furthermore, many recipes include other types of meat, although insects are meant to be the star ingredient, which is strange considering the continual emphasis placed on insects to

serve as a meat alternative. For instance, soy recipes, where soy is the main protein source, do not use chicken as an additional protein. This might be a good way to gradually introduce insects into a diet, but it is unnecessary because some recipes hide the insects, such as by grinding them in with other ingredients. Also, the editors and contributors stress the importance of reaching a younger generation more accepting of entomophagy, yet there are no recipes for children. There is neither a kids menu offered to parents nor

a simple recipe for children to follow. Regardless of the above, I would highly recommend this book to chefs and home-cooks.

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