The stiffness of cells is commonly assumed to depend on the stiffness of their surrounding: bone cells are much stiffer than neurons, and each exists in surrounding tissue that matches the cell stiffness. In this talk, I will discuss new measurements of cell stiffness, and show that that cell stiffness is strongly correlated to cell volume. This affects both the mechanics and the gene expression in the cell, and even impacts the differentiation of stem cells. Finally, I will also discuss new measurement techniques that probe the consequences of the cell stiffness on internal cell dynamics.