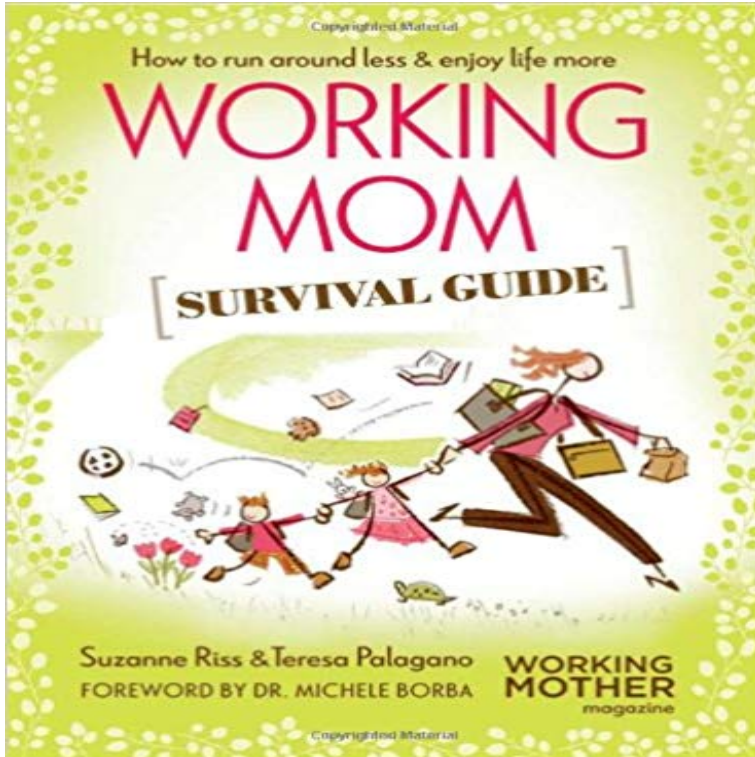


Working Mom Survival Guide: How to Run Around Less & Enjoy Life More



Every day, working mothers encounter and overcome new challenges large and small at home, at the office, and on the road. From the editors of Working Mother, veteran working moms themselves, this book offers clear, straightforward solutions and practical shortcuts. From the experts at Working Mother magazine, Working Mom Survival Guide answers your most basic and trickiest questions: Are you addicted to your BlackBerry? How do you get your toddler, or your co-workers, to listen? How do you get on or off a mommy track? Access quickly the information every working mom needs to know from how to keep tabs on your teens online time to how to ask for a flexible schedule and get back to your busy day, better prepared and more confident. With humor and practicality, Working Mom Survival Guide collects the wisdom and experience of working moms who have been there, too, giving you a head start when you need it most. Subscription to Working Mother magazine included with purchase (details inside book). As a busy professional and mom of three kids, I know it's not possible to achieve total balance, but the Working Mom Survival Guide definitely makes juggling all these roles more manageable. This book is rich with practical advice on how to organize and prioritize and make life's difficult decisions, so you can be your best self in the boardroom and in the playroom! -Joy Bauer MS, RD, Today show nutritionist and The New York Times bestselling author Three cheers for the Working Mom Survival Guide! One cheer for its common sense approach, one cheer for its thoroughness, and one big cheer for its sense of humor. Working moms need backup, and this book provides been there, done that advice that really resonates for everyday issues. The authors, Suzanne Riss and Teresa Palagano, write with authority and empathy for the millions of us trying to manage a career, kids, and the occasional

ill-advised e-mail rant! This is a must-read for moms trying to raise independent, well-adjusted children in a crazy-busy world. -Lian Dolan Parenting expert at oprah.com; creator of The Chaos Chronicles magazine column, podcast, and blog; and mom to Brookes, 16, and Colin, 13. All moms have eighteen things to do at once. Make room for nineteen: reading this clever, cheerful, empathetic guide to streamlining your priorities as a working parent. -Aline Brosh McKenna Screenwriter (The Devil Wears Prada, 27 Dresses, and Morning Glory) and mom to Charlie, 11 and Leo, 8. A terrific resource for working moms who, like me, welcome fresh, realistic advice on juggling kids and career. -Kristi Yamaguchi Figure skater, Olympic Gold Medal winner, author, and mom to Keara, 7, and Emma, 5.

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