

Part Time Working Mummy A Patchwork Life

The Manager Mom Epidemic Forget "Having It All" Part-Time Working Mummy The Happiest Kids in the World Working Mom's 411 Raising Trump My Mom Has Two Jobs Confessions of a Single Mum Making Motherhood Work Working Mom Survival Guide The Mummy Bloggers Maternal Optimism Maxed Out Part-Time Working Mummy Grown and Flown Being There Know Your Value Double Lives The Unmumsy Mum The Triple Bind Part-Time Working Mummy The Freelance Mum Perry Panda Carol Smillie's The Working Mum's Handbook Overwhelmed A Wrinkle in Time Outsmarting Worry Stretched Too Thin Knee Deep in Life The Male Factor The Motherly Guide to Becoming Mama Why Mommy Drinks Lean In Parents Who Lead The Fifth Trimester More Than Just Mum Mothers at Work Rabbit Mum Hacks Perfect Madness

The Manager Mom Epidemic

Why Mommy Drinks is the brilliant novel from Gill Sims, the author of the online sensation Peter and Jane.

Forget "Having It All"

Hundreds of thousands of fans flock to the Part-Time Working Mummy page for its heartfelt posts, honest accounts of complicated family life and its appeal to 'bring parents together to support each other through all the sh*t that life throws at us!'. This book channels the amazing spirit of the page, with Rachaele sharing behind-the-scenes experiences that have shaped her own views on parenting and life; packed with personal stories and lessons learned, it's about the best, the worst and the ok times in a 'normal' family. As well as tackling subjects like single parenthood, patchwork families, unexpected pregnancy, domestic violence and bullying, the book ultimately spreads a message of kindness amidst the chaos and inspires you to change the world for the better - and, of course, a good laugh to see you through the tough times!

Part-Time Working Mummy

Every working mother's path is unique and should be celebrated, not lamented. Yet all too frequently, working mothers are presented with advice, rules to follow or guidelines as if all women's experiences are the same and a one-size-fits-all solution is appropriate. Maternal Optimism: Forging Positive Paths through Work and Motherhood aims to provide readers with stories and research that support the notion of women owning and feeling confident in the choices they make, as they navigate a complex series of work and family transitions. This book challenges the impulse to reduce work/life challenges to a single point in time, such as the decision to return to work after the birth of a child; instead, it recognizes that work and

family decisions are anything but stagnant. They shift as life and career shift and are often filled with unpredictable events. By understanding and anticipating these shifts, working mothers can develop the resiliency they need at home and at work. This book is a resource for all professional women as they approach the difficulties and the joys of growing a family and a career.

The Happiest Kids in the World

Children explore how their mothers have careers but also have the job of taking care of them.

Working Mom's 411

THE SUNDAY TIMES BESTSELLER Want to know the truth about what life is like as a mum and step-mum with a chaotic patchwork family? This book is everything I've been through that's made me who I am, plus the lessons I've learned from many mistakes. I hope that it will make you laugh as well as give you strength to keep going when times get tough. After all, we are all in this together Rachaele, aka Part-Time Working Mummy Hundreds of thousands of fans flock to the PTWM page online and now, in this book, Rachaele shares her behind-the-scenes experiences with single parenthood, unexpected pregnancy, domestic violence, relationships, bullying and much more - spreading kindness amidst the craziness along the way! ***** Readers are raving about this book ***** 'What can I say amazing! The book is humbling, it's heart wrenching, it's funny and it's real life! The world needs more Rachaeles.' 'Thanks to Rachaele and this amazing book, I all of a sudden don't feel so bad about my parenting skills. A brave insight on Rachaele's life and how patchwork families can be amazing if you fill your home with love. A must have on your book shelf!' 'The most heart wrenching real book I've ever read, full of sadness, amazement and utter brilliance. Never has a book made me have a lump in my throat and burst into tears then have me in fits of laughter a few pages later So real and so relatable.' 'I don't normally do reviews or books even but wow I couldn't put it down! Read it in one. A must read!' 'Straight-from-the-heart read - every mum needs to read this.'

Raising Trump

The bestselling motivational guide that TheAtlantic.com calls "a rallying cry for women to get the money they deserve." Why are women so often overlooked and underpaid? What are the real reasons men get raises more often than women? How can women ask for--and actually get--the money, the job, the recognition they deserve? Prompted by her own experience as cohost of Morning Joe, Mika Brzezinski asked a wide range of successful women to share the critical lessons they learned while moving up in their fields. Power players such as Facebook's Sheryl Sandberg, Senator Elizabeth Warren, Harvard's Victoria Budson, comedian Susie Essman, and many more shared their surprising personal stories. They spoke

candidly about why women are paid less and the pitfalls women face--and play into. Now expanded to address gender dynamics in the #MeToo era, Know Your Value blends compelling personal stories with the latest research on why many women don't negotiate their compensation, why negotiating aggressively usually backfires, and what can be done about it. For any woman who has ever wondered if her desire to be liked can be a liability (yes), if there is a way to reclaim her contribution after it's been co-opted in a meeting (yes), and if there are strategies men use to get ahead that women should too (yes!), Know Your Value provides vital advice to help women be their own best advocates.

My Mom Has Two Jobs

Want to know what it's really like to be a single mum? Perfect for fans of Part-Time Working Mummy and Why Mummy Drinks, this will inspire you to own your single status and make you realise that you're not alone. 'A joyful and moving first person account of solo parenthood and confronting societal expectations of "family" after falling pregnant age 24. Bravo Amy!' Pandora Sykes 'This goes off like a rocket and never lets up . . . this is like going out with your best mate for a coffee and them telling you their whole experience' Penny Smith 'Amy's frank and down-to-earth story is inspiring and honest' The Sun When Amy Nickell left university, she managed to nab herself a real life paid job as a celebrity reporter in London town. She literally got paid to ask Robert Downey Junior out for Nando's, while living with her gay best friend, their Harry Styles cardboard cutout and their pet toad, Snoop Frog. Things were good, they were fun and they definitely weren't serious. That life took a very grown up, very serious detour when Amy found herself unexpectedly pregnant. Pregnant and without a boyfriend. And so her life went in an altogether new direction From plus one dating to lactating way too near to Simon Cowell, this is Amy's wonderfully frank, honest and hilarious story of a family that is anything but nuclear. So whether you've just arrived, are on the way or have been here a while, this is for anyone who's found themselves scratching their head and wondering: 'How the hell did I end up here?' What readers are saying about Confessions of a Single Mum: 'You don't have to be a single mum or female to love this book! Amy is an absolute hero and role model to everyone. Unbelievably funny and inspirational' 'Hilarious and heartwarming'

Confessions of a Single Mum

Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore. Outsmarting Worry teaches 9-13 year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.

Making Motherhood Work

Family life is pretty chaotic at the best of times and as any busy mum knows it can be an uphill battle to get out of the house in the morning let alone meet the demands of work deadlines. In her witty easy to read style, Tanith Carey encourages mums to banish the dream of becoming the ultimate supermum and brings them innovative, new ways to make life at home less chaotic and avoid meltdowns. With tried-and-tested advice for fellow working mums who feel like they are on the stopwatch from the moment they wake up, the book is a hands-on guide to fitting it all in, finding a routine and stressing less about the small stuff. Find out how to: Head off mess before it happens and choose toys which won't leave your home looking like a bomb-site Throw together a nutritious school lunchbox - in just ONE minute Get your children to do what you ask the FIRST time, not the twentieth Dress your kids in less time and get out of the house quicker Get your life back and yes, spend time with your partner

Working Mom Survival Guide

records.

The Mummy Bloggers

In this important and conversation-starting book, veteran psychoanalyst Erica Komisar offers a provocative and compelling premise- a mother's emotional and physical presence in her child's life--especially during the first three years--means that her child has a greater chance of growing up emotionally healthy, happy, secure, and resilient. aWhen that essential presence goes missing, the child is at higher risk for social, emotional, and developmental issues, both immediate and long term. a Compassionate and balanced, and focusing on the emotional health and well-being of children as well as that of the mothers who care for them, this book shows mothers and fathers how to give their children the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most current and cutting-edge neurobiological research on caregiving, attachment, and brain development, the book explains- - How to establish emotional connection with a newborn or young child--regardless of whether you're able to pause your career to stay home - How to select and train quality childcare if necessary--and how to ease transitions and minimize stress for your baby or toddler - What's true and false about widely held beliefs like "Babies are resilient" and how to combat feelings of post-partum depression or boredom - Why three months of maternity leave is not long enough--and how women and their partners can take control of their choices to provide for their family's emotional needs in the first three years

Maternal Optimism

How working parents can lead more purposeful lives, characterized by harmony, connection, and impact. Parents in today's fast-paced, disorienting world can easily lose track of who they are and what really matters most. But it doesn't have to be this way. As a parent, you can harness the powerful science of leadership in order to thrive in all aspects of your life. Drawing on the principles of his book *Total Leadership*--a bestseller and popular leadership development program used in organizations worldwide--and on their experience as researchers, educators, consultants, coaches, and parents, Stew Friedman and coauthor Alyssa Westring offer a robust, proven method that will help you gain a greater sense of purpose and control. It includes tools illustrated with compelling examples from the lives of real working parents that show you how to: Design a future based on your core values Engage with your children in fresh, meaningful ways Cultivate a community of caregiving and support, in all parts of your life Experiment to discover better ways to live and work Powerful, practical, and indispensable, *Parents Who Lead* is the guide you need to forge a better future, foster meaningful and mutually rewarding relationships, and design sustainable solutions for creating a richer life for yourself, your children, and your world. For more information, visit ParentsWhoLead.net.

Maxed Out

Creator of the popular blog "The Unmumsy Mum," Sarah Turner offers an uncensored account of her early years of parenting. Sarah Turner's first few months of parenting were tough. On the darkest of sleep-deprived days, when the baby would not settle and she was irritable and the house was a disaster-zone, she wanted to read about someone who felt the same. Someone who would reassure her that she wasn't a total failure. But she found nothing of the sort. She decided then and there that she would write something herself. She would document parenthood as she found it. Not how she wanted to find it or how she wanted other people to think that she found it. But how it was. Warts and all. Thus, her blog was born. Now with thousands of followers, "The Unmumsy Mum" blog covers everything from "baby-wearing incompetence" to "second child shortcuts." Full of candor, humor, and charm, this book—a #1 Sunday Times bestseller—shows us that we can read every parenting manual under the sun, but still have no bloody clue—and not having a clue is just fine.

Part-Time Working Mummy

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 teen's 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.

Grown and Flown

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. *A Wrinkle in Time*, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.

Being There

The Working Mom's 411 provides parents with the options, tools, and solutions that will enable them to make educated and informed choices for their family and successfully navigate the waters of the two parent working household. It's an all-in-one resource that will rescue moms trying to put together the how-to-do-it-all puzzle. With informed insight, a healthy sense of humor, and a fresh, expert perspective, Michelle LaRowe shares time-saving tips and practical solutions to the common complications working mothers face! Here are at your fingertips current childcare options, including an assessment tool for moms to evaluate which option best suits their needs; solutions to everyday problems working parents face, from scheduling to overcoming the stigma often associated with moms who work outside the home; and practical tips on managing childcare, school activities, self care, home life, and marriage.

Know Your Value

A clear-eyed look at the history of American ideas about motherhood, how those ideas have impacted all women (whether they have kids or not), and how to fix the inequality that exists as a result. After filing a story only two hours after giving birth, and then getting straight back to full-time work the next morning, journalist Amy Westervelt had a revelation: America might claim to revere motherhood, but it treats women who have children like crap. From inadequate maternity leave to gender-based double standards, emotional labor to the "motherhood penalty" wage gap, racist devaluing of some mothers and overvaluing of others, and our tendency to consider women's value only in terms of their reproductive capacity, Westervelt became determined to understand how we got here and how the promise of "having it all" ever even became a thing when it was so far from reality for American women. In *Forget "Having It All,"* Westervelt traces the roots of our modern expectations of mothers and motherhood back to extremist ideas held by the first Puritans who attempted to colonize America and examines how those ideals shifted--or didn't--through every generation since. Using this historical backdrop, Westervelt draws out what we should replicate from our past (bringing back home economics, for example, this time with an emphasis on gender-balanced labor in the home), and what we must begin anew as we overhaul American motherhood (including taking a more intersectional view of motherhood, thinking deeply about the ways in which capitalism influences our views on reproduction, and incorporating working fathers into discussions about work-life balance). In looking for inspiration elsewhere in the world, Westervelt turned not to Scandinavia, where every work-life balance story inevitably ends up, but to Japan where politicians, in an increasingly desperate effort to increase the country's birth rates (sound familiar?), tried to apply Scandinavian-style policies atop a capitalist democracy not unlike America's, only to find that policy can't do much in the absence of cultural shift. Ultimately, Westervelt presents a measured, historically rooted and research-backed call for workplace policies, cultural norms, and personal attitudes about motherhood that will radically improve the lives of not just working moms but all Americans.

Double Lives

Working mothers constantly battle the pull to do all the things well. From managing work and home responsibilities to being impacted by a lack of self-care and time for deep friendships, the struggle is real. At the end of each day, many working moms are exhausted and stretched too thin. But this does not have to be the norm. In her latest practical and inspiring book, Jessica Turner shows the working mom how to - work and parent guilt-free - establish clear work boundaries - set achievable goals - discover more flexibility - develop home management solutions - prioritize self-care - invest in her marriage - cultivate deeper friendships - feel like a good mom, even while working Full of compassion and encouragement, Stretched Too Thin will empower women with useful insights and tools to thrive as working moms.

The Unmumsy Mum

Discover how Dutch parents raise The Happiest Kids in the World! Calling all stressed-out parents: Relax! Imagine a place where young children play unsupervised, don't do homework, have few scheduled "activities" . . . and rank #1 worldwide in happiness and education. It's not a fantasy—it's the Netherlands! Rina Mae Acosta and Michele Hutchison—an American and a Brit, both married to Dutchmen and raising their kids in the Netherlands—report back on what makes Dutch kids so happy and well adjusted. Is it that dads take workdays off to help out? Chocolate sprinkles for breakfast? Bicycling everywhere? Whatever the secret, entire Dutch families reap the benefits, from babies (who sleep 15 hours a day) to parents (who enjoy a work-life balance most Americans only dream of). As Acosta and Hutchison borrow ever-more wisdom from their Dutch neighbors, this much becomes clear: Sometimes the best thing we can do as parents is . . . less!

The Triple Bind

The perfect antidote to a chaotic world, More Than Just Mum will have you crying with laughter

Part-Time Working Mummy

An inclusive, holistic, evidence-based guide for pregnancy, birth, and the postpartum journey—created for modern moms by the experts at the Motherly online community. Pregnancy isn't just about creating a baby. It's also about the powerful transformation we go through on the journey to becoming "mama." We created The Motherly Guide to Becoming Mama to coach and inspire you each step of the way. This is the pregnancy book we wish we'd had when we first became mothers—a mama-centered guide that doesn't just focus on your baby's needs, but honors and coaches you through this profound life change. Here's the most important thing to remember: you are a phenom, and you are going to rock this. And you don't have to do this alone. At your highest highs and your lowest lows, there is a village of professionals and peers to traverse this path with you. This book won't bog you down with demands, give you more to be worried about, or tell you

what to do. It's impossible to know exactly what to expect during your pregnancy—after all, you are your own amazing woman with unique dreams, experiences, and needs. Instead, we've filled this illustrated guide with the best knowledge, wisdom, and support we have to offer, including:

- Getting pregnant—planning, conception, fertility challenges, and finding the right care provider and birth strategy for you
- Pregnancy month by month—how to understand, nourish, and support your own body and your baby's health throughout your pregnancy
- Giving birth—everything you need to feel empowered and prepared through the four stages of labor
- The “fourth trimester”—helping you heal, process your experience, and thrive in the super-important and often ignored postpartum period
- Tests and complications—no scare tactics, no intimidation; just good, well-researched information about the ways you can best prevent and prepare for challenges
- Partners, friends, and family—our best tips for your whole support team
- The many faces of mama—adoption, surrogacy, fostering, and the beautiful variety of motherhood experiences
- Answers to the most common questions mamas have about finances, maternity leave, baby gear, relationships with family, nutrition, fitness, and much more

Whether this is your first baby or your fourth, whether you're still deciding about pregnancy or have an unplanned baby on the way, becoming mama involves your body, mind, emotions, lifestyle, relationships, schedule, spirituality, worldview—and most of all, your heart. This is an unprecedented time to embark on the journey of motherhood. You are part of a new generation of women elevating empowerment in all its forms. The Motherly Guide to Becoming Mama was made for you—a loving and supportive embrace of your unique motherhood journey in all its power, complexity, and beauty.

The Freelance Mum

Nominated for the NAACP Image Award for Outstanding Literary Work "An absolute must-read" - Shondaland “[Rabbit] tells how it went down with brutal honesty and outrageous humor” - New York Times They called her Rabbit. Patricia Williams (aka Ms. Pat) was born and raised in Atlanta at the height of the crack epidemic. One of five children, Pat watched as her mother struggled to get by on charity, cons, and petty crimes. At age seven, Pat was taught to roll drunks for money. At twelve, she was targeted for sex by a man eight years her senior. By thirteen, she was pregnant. By fifteen, Pat was a mother of two. Alone at sixteen, Pat was determined to make a better life for her children. But with no job skills and an eighth-grade education, her options were limited. She learned quickly that hustling and humor were the only tools she had to survive. Rabbit is an unflinching memoir of cinematic scope and unexpected humor. With wisdom and humor, Pat gives us a rare glimpse of what it's really like to be a black mom in America.

Perry Panda

"Perry, you're not naughty and you've not upset your mum. It's not your fault - it's never your fault - that your mummy feels this glum." Perry is worried about his mum. He speaks with his grandma, who explains how his mum is feeling and offers

reassurance. She makes it clear that Perry is not to blame and talks about some of the things that might help his mum feel better. Perry Panda is a story designed to help young children understand a parent or carer's depression. With simple rhymes and bright illustrations, it explains behaviours that may seem unusual to the child and reassures them that it is not their fault.

Carol Smillie's The Working Mum's Handbook

Are you a mom who does it all? This is the book for you. It's impossible to deny—most moms continue to do way more household work and childcare than most dads. Working full time, raising kids, cooking dinner, making sure every appointment and activity is lined up and that everyone gets there on time no wonder you're tired! But despite all the books and articles lamenting the crushing mental load and emotional labor women bear for their families, no one has come up with a plan to actually make things change. Until now. *The Manager Mom Epidemic* is the first book that not only acknowledges the fact that moms are burning out, but shows you how to transfer responsibility for daily tasks from yourself to your partner and also (gasp!) your kids. Clinical psychologist and child discipline expert Thomas W. Phelan, PhD explains how we got into this mess in the first place, and how we can get out of it through a calm, systematic approach to teaching our families how to take initiative and contribute in meaningful ways. Dr. Phelan walks you through real-life situations and shows you how to step back from the things that are dragging you down. For example: Your Maternal Identity—the things you tell yourself you have to do in order to be a "good" mom The oppressive trap of chronic supervision Our society's curious underestimation of children's capabilities How to eliminate primary childcare with tweens and teens How to manager resistant or traditionalist dads Realistic and simple enough to implement in your home right away, *The Manager Mom Epidemic* provides a roadmap for you to take your life back and proves that the happiest families share the work and the fun equally.

Overwhelmed

A groundbreaking history of mothers who worked for pay that will change the way we think about gender, work and equality in modern Britain. In Britain today, three-quarters of mothers are in employment and paid work is an unremarkable feature of women's lives after childbirth. Yet a century ago, working mothers were in the minority, excluded altogether from many occupations, whilst their wage-earning was widely perceived as a social ill. In *Double Lives*, Helen McCarthy accounts for this remarkable transformation, whose consequences have been momentous for Britain's society and economy. Drawing upon a wealth of sources, McCarthy ranges from the smoking chimney-stacks of nineteenth-century Manchester to the shimmering skyscrapers of present-day Canary Wharf. She recovers the everyday worlds of working mothers and traces how women's desires for financial independence and lives beyond home and family were slowly recognised. McCarthy

reveals the deep and complicated past of a phenomenon so often assumed to be a product of contemporary lifestyles and aspirations. This groundbreaking history forces us not only to re-evaluate the past, but to ask anew how current attitudes towards mothers in the workplace have developed and how far we have to go. Through vivid and powerful storytelling, *Double Lives* offers a social and cultural history for our times.

A Wrinkle in Time

THE SUNDAY TIMES BESTSELLER Want to know the truth about what life is like as a mum and step-mum with a chaotic patchwork family? This book is everything I've been through that's made me who I am, plus the lessons I've learned from many mistakes. I hope that it will make you laugh as well as give you strength to keep going when times get tough. After all, we are all in this together Rachaele, aka Part-Time Working Mummy Hundreds of thousands of fans flock to the PTWM page online and now, in this book, Rachaele shares her behind-the-scenes experiences with single parenthood, unexpected pregnancy, domestic violence, relationships, bullying and much more - spreading kindness amidst the craziness along the way! ***** Readers are raving about this book ***** 'What can I say amazing! The book is humbling, it's heart wrenching, it's funny and it's real life! The world needs more Rachaeles.' 'Thanks to Rachaele and this amazing book, I all of a sudden don't feel so bad about my parenting skills. A brave insight on Rachaele's life and how patchwork families can be amazing if you fill your home with love. A must have on your book shelf!' 'The most heart wrenching real book I've ever read, full of sadness, amazement and utter brilliance. Never has a book made me have a lump in my throat and burst into tears then have me in fits of laughter a few pages later So real and so relatable.' 'I don't normally do reviews or books even but wow I couldn't put it down! Read it in one. A must read!' 'Straight-from-the-heart read - every mum needs to read this.'

Outsmarting Worry

Carol Smillie, popular TV presenter and working mother, guides mothers through the practical problems and emotional issues they face when returning to work. Her advice will give mothers all the information they need to know on: Achieving a work-life balance Maternity leave and pay, parental leave and tax credits Choosing suitable childcare Surviving the nine-to-five, or finding a job after a career break Streamlining household chores, cooking and entertaining Fully revised and updated to include all the latest information on mothers' rights at work and the benefits they're entitled to.

Stretched Too Thin

The #1 international best seller *In Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of *Option B* with Adam Grant. In 2010, she gave an electrifying

TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to “sit at the table,” seek challenges, take risks, and pursue their goals with gusto. Lean In continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can’t do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, Lean In is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

Knee Deep in Life

A cross-national account of working mothers' daily lives--and the revolution in public policy and culture needed to improve them.

The Male Factor

The Triple Bind that girls face today: • Act sweet and nice • Be a star athlete and get straight A's • Seem sexy and hot even if you're not In many ways, today is the best time in history to be a girl: Opportunities for a girl's success are as unlimited as her dreams. Yet societal expectations, cultural trends, and conflicting messages are creating what psychologist and researcher Stephen Hinshaw calls "the Triple Bind." Girls are now expected to excel at "girl skills," achieve "boy goals," and be models of female perfection, 100 percent of the time. Here, Dr. Hinshaw reveals key aspects of the Triple Bind, including • genes, hormones, and the role of biology in confronting the Triple Bind • overscheduled lives and how the high pressure to excel at everything sets girls up for crisis • how traditionally feminine qualities (such as empathy and self-awareness) can put girls at risk for anxiety, depression, and other disorders • the oversexualization of little girls, preteens, and teenagers • the reasons girls are channeling pressure into violence Combining moving personal stories with extensive research, Dr. Hinshaw provides tools for parents who want to empower their daughters to deal in healthy ways with today's pressures.

The Motherly Guide to Becoming Mama

In *Raising Trump*, Ivana Trump reflects on her extraordinary life and the raising of her three children—Donald Jr., Eric, and Ivanka—and recounts the lessons she taught her children as they were growing up. As her former husband takes his place as the 45th President of the United States, his children have also been thrust into the media spotlight—but it is Ivana who

raised them and proudly instilled in them what she believes to be the most important life lessons: loyalty, honesty, integrity, and drive. Raising Trump is a non-partisan, non-political book about motherhood, strength, and resilience. Though Ivana writes about her childhood in communist Czechoslovakia, her escape from the regime and relocation to New York, her whirlwind romance, and her great success as a businesswoman, the focus of the book is devoted to Ivana's raising of her children. Donald Trump Jr., Eric Trump, and Ivanka Trump will all contribute their own memories to the book. "Every day, people ask me how I raised such great kids. They are truly amazed when I tell them that there was no magic to their upbringing. I was a tough and loving mother who taught them the value of a dollar, not to lie, cheat, or steal, respect for others, and other life lessons that I'll share now in Raising Trump, along with unfiltered personal stories about Don, Eric, and Ivanka from their early childhood to becoming the 'first sons and daughter.'" —Ivana Trump

Why Mommy Drinks

The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, The Fifth Trimester is packed with honest, funny, and comforting advice from 800 moms, including:

- The boss-approved way to ask for flextime (and more money!)
- How to know if it's more than "just the baby blues"
- How to pump breastmilk on an airplane (or, if you must, in a bathroom)
- What military science knows about working through sleep deprivation
- Your new sixty-second get-out-of-the-house beauty routine
- How to turn your commute into a mini-therapy session
- Your daycare tour or nanny interview, totally decoded

Lean In

'I just howled. Bloomin' love you' Giovanna Fletcher 'You're hilarious. Thank you for making me laugh every day' Mrs Hinch When does Mary Effing Poppins arrive? Laura Belbin survived hitting her thirties (oh, to be wrinkle-free again), anxiety (just), motherhood (two adorable little shits) and the new body that went with it (a left tit that sags slightly more than the right, anyone?). In Knee Deep in Life she gives a fearless and filthy account of her transformation from no-responsibilities woman to being in demand 24/7, the heartaches and humiliations, and most importantly, her (definitely-pushed-to-the-limits-but-totally-indestructible) marriage to Steve, the man who helped her to hold it together when post-natal depression kicked in. Full of heart and wit - not to mention swearing that would make a sailor blush - this is the beast of a book Laura intends on riding into the hands of those people who doubt themselves every single day: the ones who have struggled to accept the way they look; the mums-to-be about to find themselves taking their first step towards parenthood; and the women bossing it like badasses every single day but never getting the credit they deserve. You are more than enough.

Parents Who Lead

Winner of a Foreword IndieFab Book of the Year Award Katrina Alcorn was a 37-year-old mother with a happy marriage and a thriving career when one day, on the way to Target to buy diapers, she had a breakdown. Her carefully built career shuddered to a halt, and her journey through depression, anxiety, and insomnia—followed by medication, meditation, and therapy—began. Alcorn wondered how a woman like herself, with a loving husband, a supportive boss, three healthy kids, and a good income, was unable to manage the demands of having a career and a family. Over time, she realized that she wasn't alone; many women were struggling to do it all—and feeling as if they were somehow failing as a result. Mothers are the breadwinners in two-thirds of American families, yet the American workplace is uniquely hostile to the needs of parents. Weaving in surprising research about the dysfunction between the careers and home lives of working mothers, as well as the consequences to women's health, Alcorn tells a deeply personal story about "having it all," failing miserably, and what comes after. Ultimately, she offers readers a vision for a healthier, happier, and more productive way to live and work.

The Fifth Trimester

More time with your kids, making the money you know you're worth and a better work/life balance. No wonder more women than ever are choosing to become freelance mums. In the last decade, 70% more mums have chosen to go freelance. Annie Ridout was one of them. And in her enlightening new book, she shares the tips and tricks that helped her build a better working life around her family. From choosing a career and launching a website, to getting your name out there and perfecting your brand, to the nitty gritty of childcare options and daily routines, *The Freelance Mum* is a comprehensive guide to setting out on your own path. Using her own experience, alongside advice from other mums that make it work, including Arianna Huffington, *Scummy Mummies*, Carrie-Anne Roberts, Robyn Wilder, Zoe de Pass, Cherry Healey, Sali Hughes and Anna Jones, Annie will show that with hard work and determination, any mother can thrive as a freelancer.

More Than Just Mum

'Hilarious, warm, witty and oh so real' Jo Elvin, Editor of *You Magazine*, Mail on Sunday Elle Campbell is a glossy, lycra-clad mum with washboard abs, a ten-year plan and a secret past. Abi Black has quit sugar, moved to the country and is homeschooling her kids. Leisel Adams slogs away at her office job each day before rushing home, steeped in guilt, to spend precious moments with her kids before bedtime. All three share a label that they simultaneously relish and loathe: mummy blogger. And when they are nominated for an award with a hefty cash prize, the scene is set for a brutal and often hilarious battle for hearts, minds-and clicks. As the awards night gets closer, their lies get bigger, their stunts get crazier - and some mistakes from the past become harder and harder to hide. What Reviewers and Readers Say: 'Wildly entertaining' Jodi

Gibson'Fun, witty, and beautifully expletive-ridden' Read the Write Act'The freshest, funniest new voice in fiction since Liane Moriarty' Mia Freedman'If you're looking for a fast paced read that will have you awkwardly smiling in public, GET THIS BOOK' Summer Lane'Funny, perceptive and a must-read' Better Reading'LOVED it, I mean laughed out loud in public places while reading it loved it' Ink and Paper Soul

Mothers at Work

PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

Rabbit

In her attempts to juggle work and family life, Brigid Schulte has baked cakes until 2 a.m., frantically (but surreptitiously) sent important emails during school trips and then worked long into the night after her children were in bed. Realising she had become someone who constantly burst in late, trailing shoes and schoolbooks and biscuit crumbs, she began to question, like so many of us, whether it is possible to be anything you want to be, have a family and still have time to breathe. So when Schulte met an eminent sociologist who studies time and he told her she enjoyed thirty hours of leisure each week, she thought her head was going to pop off. What followed was a trip down the rabbit hole of busy-ness, a journey to discover why so many of us find it near-impossible to press the 'pause' button on life and what got us here in the first place. Overwhelmed maps the individual, historical, biological and societal stresses that have ripped working mothers' and fathers' leisure to shreds, and asks how it might be possible for us to put the pieces back together. Seeking insights, answers and inspiration, Schulte explores everything from the wiring of the brain and why workplaces are becoming

increasingly demanding, to worldwide differences in family policy, how cultural norms shape our experiences at work, our unequal division of labour at home and why it's so hard for everyone ? but women especially ? to feel they deserve an elusive moment of peace.

Mum Hacks

An exploration of the world of modern motherhood describes the author's early parenting experiences in Paris and how they contrasted with anxiety-marked parenting expectations in the United States, drawing on mainstream media sources to identify what is shaping American cultural assumptions about parenting. By the author of Hilary Clinton: The Inside Story. Reprint.

Perfect Madness

Based on a nationwide survey and confidential interviews with more than three thousand men, bestselling author of *For Women Only*, Shaunti Feldhahn, has written a startling and unprecedented exploration of how men in the workplace tend to think, which even the most astute women might otherwise miss. In *The Male Factor*, Feldhahn investigates and quantifies the private thoughts that men almost never publicly reveal or admit to, but that every woman will want to know. Never before has an author gotten inside the hearts and minds of men in the workplace—from CEOs to managers, from lawyers to factory workers—to get a comprehensive and confidential picture of what men commonly think about their female colleagues, how they view flextime and equal compensation, what their expected “rules” of the workplace are, what managing emotion means, and how that lowcut top is perceived. Because the men in the surveys and interviews were guaranteed anonymity, they talk in a candid and uncensored way about their daily interactions with women bosses, employees, and colleagues, as well as what they see as the most common forces of friction and misunderstanding between men and women at work. Among the subjects *The Male Factor* tackles are:

- how men, with rare exception, view almost any emotional display as a sign that the person can no longer think clearly—as well as what they perceive to be “emotion” in the first place (it’s not just crying)
- why certain trendy clothes that women wear may create a career-sabotaging land mine in terms of how male colleagues perceive them
- the unintentional signals that can change a man’s perception of a woman from “assertive and competent” to “difficult”

Women will likely be surprised, even shocked, by these revelations. Some may find them challenging. Yet what they will gain is an invaluable understanding of how their male bosses, colleagues, subordinates, and customers react to a host of situations—as well as the ability to correct common misperceptions. *The Male Factor* offers a unique road map to what men in the workplace are thinking, allowing women the opportunity to decide for themselves how to use the insights Feldhahn reveals.

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