

## **The Mompowerment Guide To Work Life Balance Insights From Working Moms On Balancing Career And Family**

Life Coaching for Successful Women  
A Visitor's Guide to Jane Austen's England  
Real Moms  
Real Jesus  
Ralph Breaks the Internet Coloring Book  
Breathe, Mama, Breathe  
Got Teens?  
This Isn't What I Expected [2nd edition]  
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The New Corner Office  
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Just Let Me Lie Down  
The Fifth Trimester  
Maxed Out  
The Well-Spoken Woman  
Healing a Parent's Grieving Heart

### **Life Coaching for Successful Women**

What does Jesus know about the peanut-butter-and-jelly life of a mom? Plenty! Jill Savage, founder and director of Hearts at Home, introduces the real Jesus to real moms. In chapters that examine key behaviors and decisions Jesus made during His life on earth, Jill brings those lessons right down to the laundry-filled, sticky-fingered days every mother knows. Between the chapters are interactive vignettes that provide brief, refreshing glimpses into real, messy, busy lives. In *Real Moms Real Jesus*, Savage continually reminds the reader that Jesus is not an unattainable deity, but a Friend who understands. A Leader's Guide is available for mom's or small group study.

### **A Visitor's Guide to Jane Austen's England**

Collects more than 200 questions designed to provoke thought about basic values and beliefs

### **Real Moms Real Jesus**

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.

### **Ralph Breaks the Internet Coloring Book**

The Joey Song illuminates the hard truth—sometimes addicts don't recover. However, with love and faith, their families can.

## **Breathe, Mama, Breathe**

100+ self-care hacks for any mom to eat right, move more, stress less and get a good night's sleep, by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health--with all that weight gain, fatigue, and exhaustion? It doesn't have to be that way. What if your baby AND you could thrive together? We cure diseases. We create artificial ears using 3-D printers. We solved how to pee in space. We can figure this out--and now Dr. Darria has done just that. An Ivy league-trained physician and mom of two, Dr. Darria combed the latest in medicine, psychology, and holistic health for answers when her own health crises struck. She now brings those solutions to moms everywhere. For moms who just DontHaveTheTime (or energy), Mom Hacks gives you the specific smallest changes that yield the biggest impact for you and your child. Every hack is a mini super-charged solution with an immediate impact. So you feel good, lose the baby weight, and are more present, while raising thriving children--in an entirely do-able, time-saving, with-you-in-the-trenches way. Her humor and personal stories bring warmth and encouragement when mothers need it most. You can be the mother and woman you want to be, and with Mom Hacks, you don't have to listen to anyone who tells you otherwise. It's time for a new mom world order.

## **Got Teens?**

Drawing on her 18 years of experience working remotely, plus original interviews with managers, employees, and free agents who've perfected their remote routines, Laura Vanderkam shares strategies for productivity, creativity, and health in the new corner office. How do you do great work while sitting near the same spot where you watch Netflix? How can you be responsive without losing the focus necessary for getting things done? How can you maintain and grow your network when you spend less time face to face? The key is to detach yourself from old ways of working and adopt new habits to match your new environment. Long before public health concerns pushed many of us indoors, some of the most successful people fueled their careers with carefully perfected work-from-home routines. Drawing on those profiles and her own insights, productivity expert and mother of five Laura Vanderkam reveals how to turn "being cooped up" into the ultimate career advantage. Her hacks include: • Manage by task, not time. Going to an office for 8 hours makes you feel like you've done something, even if you haven't. Remote workers should set 3-5 ambitious goals for each day and consider the work day done when these are crossed off. • Get the rhythm right. A well-planned day features time for focused work, interactive work, and rejuvenating breaks. In place of a commute, a consciously chosen shut down ritual keeps work from continuing all night. • Nurture connections. Wise remote workers can build broader and more effective networks than people sitting in the same cubicle five days a week. Whether you're an introvert or an extrovert, a self-starter or someone who prefers detailed directions, you can do your clearest thinking and deepest work at home--and have more energy left over to achieve personal goals or fuel bigger professional ambitions. In fact, soon you might find it hard to imagine working any other way.

## **This Isn't What I Expected [2nd edition]**

## **If You Loved Me, You'd Stop!**

From the artist behind the popular Pigeon Letters website, a complete guide to learning and perfecting brush lettering, a forgiving style of modern calligraphy that encourages creative expression and imprecision, including basic skills, flourishes, and project ideas. The Ultimate Brush Lettering Guide has something for everyone--from beginners that have never used a brush pen, to seasoned letterers looking for a new style or ideas for creative flourishes. From choosing the best pens and paper and knowing the different styles of lettering, to adding color to your finished pieces--this book covers it all. The book includes templates for labels, cards, handmade bunting, and word collages. It even includes a how to guide for posting your best work on social media. Each lesson builds on itself, unlocking endless opportunities inside the playful art of brush lettering. As a self-taught artist who left her day job to pursue a creative life, Peggy Dean is the ideal teacher for artists and non-artists alike.

## **Clever Girl Finance**

Valuable Techniques to Living a Balanced Life Has your regular workday started to last over nine hours? Have you been missing important family events to satisfy the boss? Are you regularly skipping healthy meals and trips to the gym just to squeeze more into your day? If so, you're not the only one. Countless individuals struggle with maintaining steady personal and work lives. In *Lead with Balance*, university professor, speaker, and executive consultant Donnie Hutchinson addresses this issue head-on and explains how leaders, employees, and students can properly manage all the important facets of life. A balanced life leads to increased well-being, happiness, satisfaction, and productivity a win-win for everyone. Through proper time management and focus, anyone can find their life's balance. Don't lose sight of the most significant moments in life. We can all learn from the Millennials. It's time to take action and enjoy living!"

## **Praying Our Loved One Home**

Navigate the business of getting back to business--a no-nonsense roadmap for working moms. Going back to work can be a tough transition for parents--some even call it the fifth trimester. Finding a work-life balance is no easy task, and it's normal to feel overwhelmed. This guide has all the practical guidance and supportive tips you need to confidently navigate the workplace as a new mom. The *Working Mom Handbook* is your guide to the fifth trimester, helping you prioritize and organize everything from choosing a babysitter to taking time for self-care. Know your workplace rights, your career path, and how to set boundaries. Learn all about breast pumps and pumping at work or on-the-go, plus find kinship with stories from real-life working moms just like you. This guide to your fifth trimester includes: Pump it up--Explore the nuts and bolts of transitioning from breastfeeding to bottle, maintaining or supplementing breast milk, travel considerations, and more. Your body rules--This fifth trimester book covers essential rights on break times and medical issues, plus actionable advice on dealing with discriminatory workplaces. Supermoms assemble--Whether you work 9-5, run your own business, freelance, or otherwise, these fifth trimester tips are flexible for your own budget or background. Discover how to make it work at work and conquer your fifth trimester with this handbook.

## **Born A Crime**

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A “Mom Must-Read”—Parents A National Parenting Product Award (NAPPA) Winner Easy-to-follow practices that will help moms find quick, daily opportunities to reset and refocus with mindfulness Moms can feel as if they are sprinting through life, crashing onto the pillow at day’s end only to start again the next morning. In *Breathe, Mama, Breathe*, psychotherapist Shonda Moralis outlines the benefits of daily meditation and shows moms how to do it—in just five minutes! Plus, she shares over 60 “mindful breaks” that will help moms tune into their own well-being (along with everyone else’s): Eat a mindful breakfast—with no phone, TV, or newspaper! Cuddle your child and take three deep breaths together. Give yourself a mindful-mommy high five—because moms can use positive reinforcement, too. Every mom—whether caring for a new baby, an overscheduled grade-schooler, or an angsty teen—can become a mindful mama!

### **The Working Mom's Handbook**

We worry putting our family first means we’ll be forced to abandon our careers. We’re afraid if we pause our careers, we’ll be forever off-track. This thinking is outdated—forget what you’ve heard about how pauses are career limiting, about how those who pause lack ambition, or that if you do pause you won’t be able to re-enter the paid workforce. That’s a flawed reality, one that doesn’t reflect the truth of the careers of some of the most successful women in this country. Author Lisen Stromberg knows this success firsthand. After the birth of her second child, she did something she never imagined she would do: she opted out to focus on her family. But her career didn’t end there. Lisen paused then pivoted to become first a social entrepreneur and then an award-winning journalist writing about women, work, and life in Silicon Valley. Along the way, she learned she wasn’t alone. Lisen met many highly successful women who told her they never “opted out” but who had, in fact, temporarily downshifted or paused their careers. Their hidden journeys revealed alternative nonlinear paths to the top that enabled them to achieve their personal and professional goals. In *Work PAUSE Thrive*, Lisen shares their stories. Deeply rooted in social science research, cutting-edge data collected from nearly 1,500 women, and through 186 first-person interviews, this book reveals how trailblazing women have disrupted the traditional career paradigm. What worked for them can work for you. In this book, you’ll learn: Who pauses, how they do it, and why How pausing can enrich both your career and your life How to innovate your own nonlinear career path What we can—and need—to do as a society to make it possible for more people to achieve their personal and professional goals *Work PAUSE Thrive* also reveals new and exciting trends in the workplace and offers targeted solutions for companies to help ensure they have cultures that will enable you to lead the life you want, a life in which you can build both a career and a family, and ultimately your own version of a life well lived.

### **The Mompowerment Guide to Work-life Balance**

Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or Web site; and remembering others who may still be struggling with the death. The guide also addresses common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt. This compassionate resource will aid parents who have been through the death of a child—whether the passing happened recently or many years ago, whether the child was young or an adult.

## **Stretched Too Thin**

"In this must-have guide, one of the nation's premier speech coaches, Christine K. Jahnke, details the practices and techniques of successful women to help all women improve their presentation and public speaking skills. With access to her expertise, you'll learn how to present your best self in forums from PTA meetings to TV studios, conferences to classrooms, boardrooms to YouTube. Jahnke has advised First Lady Michelle Obama, provided speaker training to Hillary Clinton's presidential campaign, and coached corporate CEOs and more women elected officials than any other trainer. In *The Well-Spoken Woman*, Jahnke shares stories of trial and triumph to answer the questions: "how did she do it?" and "What can I learn from her?"--Publisher's description.

## **Mompowerment**

In this updated 10th anniversary edition of Gillespie and Temple's groundbreaking research, *Good Enough Is the New Perfect* shows that modern mothers really can have it all. The pressure on women is real. We dominate in our jobs while simultaneously juggling the needs of our families and our homes. But what about our own needs? With so many balls in the air, finding balance is harder than ever. The truth is that you can have it all. The secret is creating an "all" that you love. Through their extensive research, Becky Beaupre Gillespie and Hollee Schwartz Temple have discovered a paradigm shift in motherhood: more and more mothers are losing their "never enough" attitude and embracing a "good enough" mindset to be happier, more confident and more fulfilled. With inspiring firsthand accounts from working mothers, *Good Enough Is the New Perfect* is a true roadmap for the incredible balancing act we call motherhood and getting what you really want out of your career, your family and your life. "Most moms I know don't even want it all. We just want less stress and enough time. But how can we achieve it? [*Good Enough Is the New Perfect*] sheds light on this question." —The Washington Post

## **The Book of Questions**

### **Lead with Balance**

In today's brutally competitive job market, it's more important than ever for your resume to stand out and capture the attention of potential employers. Unfortunately, most people go about this the wrong way. In this step-by-step, comprehensive guide, Dan breaks down the exact method he's carefully developed over a period of ten years to develop rock solid resumes that get results--no matter which job you're trying to land. By following the principles outlined in this book, you can turn your job search around and get one step closer to the job you've always dreamed of!

### **Drop the Ball**

Mothers of addicted and alcoholic children share a deep connection—one that is rarely understood by anyone who hasn't experienced a similar path. Sharing our perspectives helps us all grow stronger, together. These meditations continue the tradition of Hazelden's beloved series of daily readings by providing moments of recognition, confession, and healing for those who are realizing that recovery rarely follows a neat or comfortable path. Along the way, we

plant beautiful roses only to be injured by their thorns, and we pull up unwanted dandelions that, at times, are our only source of wishes. By sharing the realities we never expected our families to face, mothers of addicted children support each other through experiences that can only be feared and imagined by others. From our shared struggles emerge opportunities for personal growth. *Tending Dandelions* is a vital source of wisdom, support, and strength that helps us begin our own journey of recovery. “We all need to take a closer look at the things we’ve avoided—the things lurking around in this place where love and addiction meet—so we’re as strong as we can be.” —Sandra Swenson, author of *Tending Dandelions*

## 111 Invitations

*If You Could Not Fail, What Would You Attempt?* You aim high and work hard to achieve your goals, but the path to success is littered with obstacles. When you’re faced with difficult dilemmas, how you respond will determine whether you achieve your dreams or give up altogether. Bestselling author and professional certified life coach Valorie Burton knows the value of pausing and reflecting in critical moments as a way to drive personal growth. In her practice, she has developed life-changing questions to help you make meaningful choices that lead to authentic success. Valorie offers a fresh way to help you think about what matters, build the courage to follow through, and discover a vision for your relationships, career, money, health, and spiritual life that energizes you. She will teach you to face opportunities and obstacles with intentionality to discover your purpose inspire and equip you to think differently in the face of fear, failure, setbacks, and challenges offer a coaching toolbox of more than 100 powerful questions that will propel you forward A free, online video course is also available to offer insight into how you can coach yourself. The modules include “Success requires breakthroughs,” “Breakthroughs require persistence,” and “Reset your mindset to see obstacles as an opportunity.” Discover how straightforward questions and specific, doable action steps will help you move confidently toward the life you were created to live.

## Tending Dandelions

Offers new mothers professional guidance on home health care, postpartum depression, breast-feeding problems, work options, and similar issues.

## Just Dandy

“Wilkes makes the world of Jane Austen come to life . . . from travel to fashion, shopping, leisure, and, of course, finding a mate” (Britain Express). Immerse yourself in the vanished world inhabited by Austen’s contemporaries. Packed with detail and anecdotes, this is an intimate exploration of how the middle and upper classes lived from 1775, the year of Austen’s birth, to the coronation of George IV in 1820. Sue Wilkes skillfully conjures up all aspects of daily life within the period, drawing on contemporary diaries, illustrations, letters, novels, travel literature, and archives. Were all unmarried affluent men really “in want of a wife”? Where would a young lady seek adventure? Would “taking the waters” at Bath and other spas kill or cure you? Was Lizzy Bennet bitten by bed-bugs while traveling? What would you wear to a country ball or a dance at Almack’s? Would Mr. Darcy have worn a corset? What hidden horrors lurked in elegant Regency houses? “A delight. I don’t think I’ve ever read a book that paints such a vivid picture of daily life in late 18th and early 19th century England. It makes a perfect companion for Austen’s beloved novels.” —The Heritage Traveller “A thoroughly engaging—and very informative—‘eyewitness’ guide to everything from medical matters to

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modes of travel.” —Joceline Bury, Jane Austen’s Regency World “Written as if to a first-time traveler in the Regency . . . an inviting read . . . a perfect gift for every Janeite friend and family member.” —Austenprose “A worthy contribution to the field of Austen social history and uses the mundane realities of life to illuminate the reader’s experience.” —Sensibilities

### **The Joey Song**

Kristin van Ogtrop knows she's lucky-fulfilling career, great husband, three healthy kids, and, depending on the hamster count, an impressive roster of pets. You could also say she's half-insane, but name one working mom who isn't. Using stories and insights from her own life, van Ogtrop offers a lexicon for working moms everywhere. Terms and concepts illustrate the highs (kids who know where their soccer cleats are, coworkers who don't hit "Reply All," dogs who helpfully eat whatever falls from the table) and the lows (getting out of the house in the morning, getting along with everyone at the office, getting willful kids into bed) of balancing work and family. Filled with amusing and resonant observations, *Just Let Me Lie Down* establishes van Ogtrop as the Erma Bombeck of the new millennium.

### **Mothering the New Mother**

Amazing coloring book *Ralph Breaks the Internet* with adorable unique images! Enjoy! You can display your artwork with a standard 8.5" x 11" frame to avoid bleed through

### **The Queen's Poisoner**

### **Your Turn**

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

### **Mom Hacks**

*111 Invitations* offers a pathway of possibility and understanding, exploring the full range of human experience and emotion. The poems, prayers, and reflections invite entry into a new and deeper awareness of self. Accepting these invitations is an opportunity to: slow down and tune into inner wisdom be with lifes questions express the truest version of self explore lifes contrasts and contradictions *111 Invitations* reminds us that peace can be created in the midst of whatever life offers and that moments of unrest are natural and temporary. The reality we create is up to us. The greatest invitation is to boldly step into the full richness of life, with all of its uncertainty, glory, and pain to live life wholeheartedly. Let Barb's writings soothe the busyness and shed the burdens so you can invite peace, calm, and blessings back into your heart ~ HeatherAsh Amara, author of *Warrior Goddess Training* Dig in to these invitations the

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way you'd put your hand into a mystery sack of treats, pulling out carefully and with anticipation a delicious delight that will please your palette and your senses. With each treat will also be the bonus of discovering yourself within. Read and soar. ~Laura Berman Fortgang, author of *The Little Book on Meaning* This beautiful, soulful collection of poems and prayers reminds us of the power of sitting with life's big questions ~ Renee Peterson Trudeau, author of *The Mothers Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life, and Nurturing the Soul of Your Family*

### **Parenting with Sanity & Joy**

Uses information from the most current brain research on the disease of alcoholism to cover the issues of alcohol abuse, co-addictions, drunk driving, underage drinking, dual diagnosis, codependency, and more.

### **Family Goals**

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.

### **How to Write the Perfect Resume**

Your Turn is the career coach that today's working women need to own their career ambition + motherhood path. There are more than fifteen million employed women with children under the age of eighteen in the United States who find themselves smack in the "Messy Middle," where job opportunity and family responsibilities collide and decisions shift into high gear. And there are also millions of women on the sidelines, many there due to impossible corporate structures, who are looking to get back in. Your Turn helps you move the career dial to where you need it now. Jennifer Gefsky, cofounder, and Stacey Delo, CEO, of *Après*—the premier site for women returning to the workforce—offer advice and inspiration to help women make the best possible career decisions for themselves and their families: to get ahead of the questions and tackle them when they arise, from managing guilt and stress after maternity leave to setting expectations in a part-time position to talking with partners and managers about how to make full-time work better for you. And for those who have decided to step away from the corporate world, whether it's for one year or twenty, Gefsky and Delo show you how to stay current and how to pivot to something more meaningful when your old job doesn't exist anymore or if you simply want a change. Your Turn provides a clear roadmap for how to navigate key work + life transition points. Your Turn features stories and research from the members of *Après* as well as insights from hundreds of companies that are making the transition work for their employees. With a unique insight into what kinds of work cultures and structures to look for, Gefsky and Delo also offer companies tangible steps to retain and cultivate female talent. Whether you're struggling with the big question of whether to stay or quit, or looking to reenter the workforce after time away, this is the insider knowledge you need

from people who have already taken the journey, as well as a step-by-step analysis to ensure you are making the right career decision for you . It's your turn to . . .

## **A Teen Girl's Guide to Getting Off**

Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In *What No One Tells You*, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

## **The Ultimate Brush Lettering Guide**

*A Teen Girl's Guide to Getting Off* is the best toolkit for real sex education discussing the issues facing the modern teen girl in an open, honest, frank and often funny way.

## **Work PAUSE Thrive**

In this collection of readily actionable tips, parenting mentor Sue Groner distills the best parenting wisdom into one easy-to-read book, providing simple, fun, and effective guidance. *Parenting with Sanity and Joy* will help parents feel more confident as they navigate one of the most important roles they will ever take on.

## **What No One Tells You**

King Severn Argentine's fearsome reputation precedes him: usurper of the throne, killer of rightful heirs, ruthless punisher of traitors. Attempting to depose him, the Duke of Kiskaddon gambles and loses. Now the duke must atone by handing over his young son, Owen, as the king's hostage. And should his loyalty falter again, the boy will pay with his life. Seeking allies and eluding Severn's spies, Owen learns to survive in the court of King Fountain. But when new evidence of his father's betrayal threatens to seal his fate, Owen must win the vengeful king's favor by proving his worth--through extraordinary means. And only one person can aid his desperate cause: a mysterious woman, dwelling in secrecy, who truly wields power over life, death, and destiny.

## **The New Corner Office**

## **Good Enough Is the New Perfect**

Through her child's addiction, a divorce, beginning a career at sixty, caring for aging parents, and facing her own old age alone, Sandra Swenson shares her heartache and her journey of courage, resiliency, and acceptance, inspiring us to believe that no matter what comes our way, it is possible to say we're "just dandy" and (usually) mean it. In the pages of *Just Dandy: Living with Heartache and Wishes*, Sandra shares her pain and struggles, strength and determination, as crises continue to unravel her world in unexpected ways. A voice for parents of children suffering with the disease of addiction, Sandra puts their thoughts and feelings into words in this inspiring book—bringing hope, perspective, sanity and empowerment to moms everywhere.

## **Just Let Me Lie Down**

**WINNER OF THE THURBER PRIZE** The compelling, inspiring, (often comic) coming-of-age story of Trevor Noah, set during the twilight of apartheid and the tumultuous days of freedom that followed. One of the comedy world's brightest new voices, Trevor Noah is a light-footed but sharp-minded observer of the absurdities of politics, race and identity, sharing jokes and insights drawn from the wealth of experience acquired in his relatively young life. As host of the US hit show *The Daily Show with Trevor Noah*, he provides viewers around the globe with their nightly dose of biting satire, but here Noah turns his focus inward, giving readers a deeply personal, heartfelt and humorous look at the world that shaped him. Noah was born a crime, son of a white Swiss father and a black Xhosa mother, at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the first years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, take him away. A collection of eighteen personal stories, *Born a Crime* tells the story of a mischievous young boy growing into a restless young man as he struggles to find his place in a world where he was never supposed to exist. *Born a Crime* is equally the story of that young man's fearless, rebellious and fervently religious mother - a woman determined to save her son from the cycle of poverty, violence and abuse that ultimately threatens her own life. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Noah illuminates his curious world with an incisive wit and an unflinching honesty. His stories weave together to form a personal portrait of an unlikely childhood in a dangerous time, as moving and unforgettable as the very best memoirs and as funny as Noah's own hilarious stand-up. *Born a Crime* is a must read.

## **The Fifth Trimester**

A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The

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reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

### **Maxed Out**

Take charge of your finances and achieve financial independence – the Clever Girl way Join the ranks of thousands of smart and savvy women who have turned to money expert and author Bola Sokunbi for guidance on ditching debt, saving money, and building real wealth. Sokunbi, the force behind the hugely popular Clever Girl Finance website, draws on her personal money mistakes and financial redemption to educate and empower a new generation of women on their journey to financial freedom. Lighthearted and accessible, Clever Girl Finance encourages women to talk about money and financial wellness and shows them how to navigate their own murky financial waters and come out afloat on the other side. Monitor your expenses, build a budget, and stick with it Make the most of a modest salary and still have money to spare Keep your credit in check and clean up credit card chaos Start and succeed at your side hustle Build a nest egg and invest in your future Transform your money mindset and be accountable for your financial well-being Feel the power of real-world stories from other “clever girls” Put yourself on the path to financial success with the valuable lessons learned from Clever Girl Finance.

### **The Well-Spoken Woman**

Walking in faithful love day after day can be hard and loving a prodigal can be the most difficult calling of all. When you don't know how to pray, when you don't know what to pray, there is nothing more powerful than praying right from scripture. John author Pam Lanhart, as she reflects on the very raw and life-changing journey of transformation she took as she prayed God's promises over her prodigal. Our love, our prayers, His love and His truth these are the things that will "lead our loved one home."

### **Healing a Parent's Grieving Heart**

"Pregnancy/Parenting: 1 in 5 postpartum women suffer from disorders on the postpartum spectrum; another 20-30% of new mothers deal with above-average anxiety. First published in 1994, this go-to resource for postpartum depression has been completely revised and updated, helping women--and their partners--sort through all the noise and myths so they can focus on getting the help they need"--

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