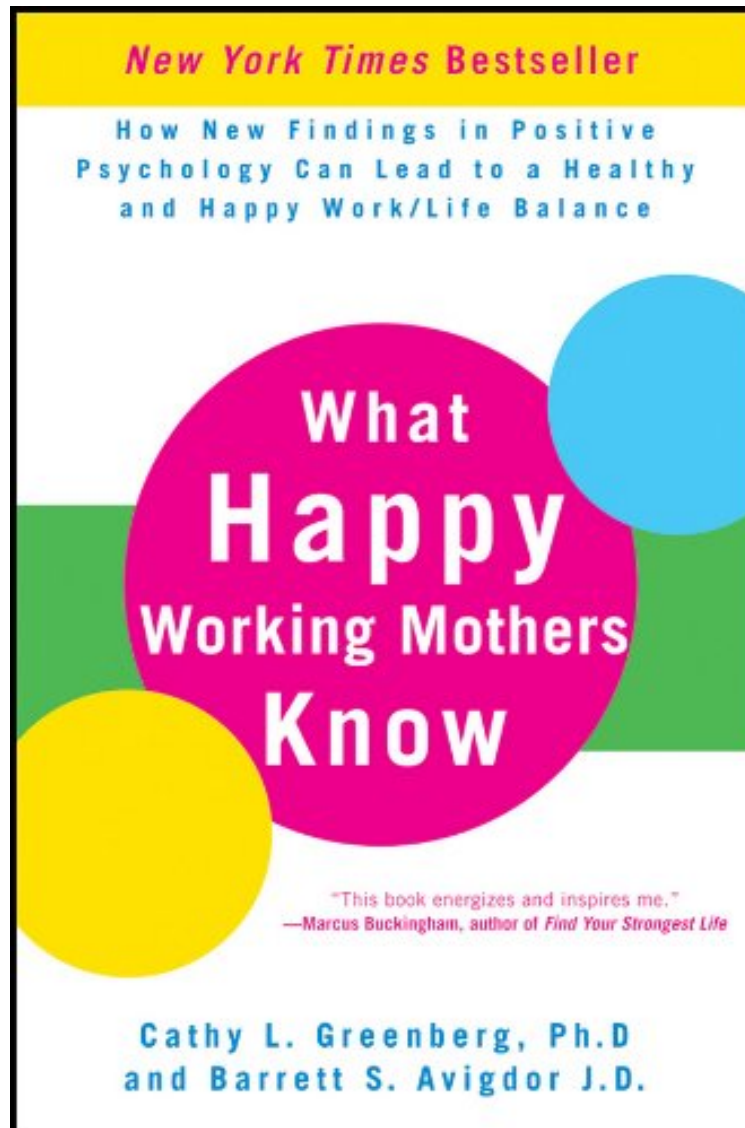


(Mobile library) What Happy Working Mothers Know: How New Findings in Positive Psychology Can Lead to a Healthy and Happy Work/Life Balance

What Happy Working Mothers Know: How New Findings in Positive Psychology Can Lead to a Healthy and Happy Work/Life Balance

Barrett S. Avigdor J. D., Cathy L. Greenberg
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0 of 0 people found the following review helpful. Great resource for coaches
By Naomi Fata
Great resource! I am studying to be a life coach and there were a lot of good assignments in this book that I could tailor for future clients. The authors hit on some things that really hold mothers back - like guilt. And bring balance to work and home
0 of 0 people found the following review helpful. Inspiring
By Happy Mom
I recommend this book for any mom who is feeling overwhelmed with life's responsibilities. As a wife and mother of 4, I felt encouraged to find joy as I set priorities at work and at home. This was a great read!
1 of 1 people found the following review helpful. Working Moms should read this before going back to work
By Reporter Chick
This book really helped me with my transition back to the office. I had such anxiety and needed real tools and data to calm me and make me see the bigger picture and analyze my choices in a healthy manner. Good mix of real experiences, science and practical wisdom. I also liked that it was not just a pat on the back to working moms but a deeper discussion of the issues around child rearing and personal happiness.

A fact-based and proven approach to help working mothers rediscover happiness as they balance their duties at home and work
Science and sociology have made great strides in understanding what makes us happy and how we achieve it. For working mothers who face endless demands on their time and attention, *What Happy Working Mothers Know* provides scientifically proven and practical ways to find the right balance and replace stress with happiness. Written by a behavioral scientist and global leadership guru, and an international lawyer and career coach, this mom-friendly guide offers practical tactics that truly work. The demands of juggling work and home lead many women to try to do everything and be everything to everyone.
In the effort to be Superwoman, many women lose sight of what makes them happy and they fail to realize how important their happiness is to being a good worker and a good mother. The key to being your best at everything you do is to take care of your happiness the way you take care of your health, through conscious choices every day.
You'll learn to overcome obstacles, apply lessons learned at work to your motherhood skills, and learn lessons from your children that you can apply at work. Includes interactive activities that illustrate important lessons in the book
Shows you how to use positive psychology to shift from a scarcity mentality to an abundance mentality for workplace success
Helps you tap into your own sense of joy every day for your own happiness and the happiness of those around you
Science-based and packed with real case studies of real working moms
Written by authors with impeccable qualifications and real-world experience
Many moms raise great kids and achieve the professional success they desire and deserve, but if they aren't happy, what's the point? This book doesn't show you how to have it all, but how to have all the things that really matter.