

(Free) The Best of Both Worlds: How Mothers Can Find Full-time Satisfaction in Part-time Work

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Beth Brykman

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Best of Both Worlds: How Mothers Can Find Full-time Satisfaction in Part-time Work:

0 of 1 people found the following review helpful. Beth Brykman wrote an excellent book about managing a part time career along with raising kids. By Customer Beth Brykman has written an excellent, highly readable book about managing part time work with raising children. The book also contains information about career paths changing as the family needs change. I found it informative to hear from the 100 women she interviewed how they managed their own situations both financially and personally. A must read for both pregnant moms and mothers with kids. 0 of 0 people found the following review helpful. Beth Brykman has written an excellent and practical "how to" guide for mothers looking to reenter the work force. By RB Tochter Beth Brykman has written an excellent and practical "how to" guide for mothers looking to achieve a more satisfying balance between motherhood and career goals through part-time work. Her well researched and organized book is packed with clear and specific instructions, tips, resources, and extensive stories from mothers and career women who have been able to create this balance in their own lives. Mothers of every stripe will find The Best of Both Worlds to be a powerful aid in finding the kind of part-time work that both fulfills their needs, and nourishes them personally and professionally. 0 of 0 people found the following review helpful. Outstanding and Inspirational By Customer Beth Brykman's new book is outstanding! It provides inspiration and practical insights into work-life balance success that all mothers who love their families and careers in

equal measure eagerly seek. The stories drawn from Beth's thoughtful and in-depth interviews with women are engaging and enlightening. Women convey their own creative solutions for finding fulfillment in part-time work that fosters lifelong growth, learning, achievement and happiness. Bravo Beth!

How can mothers bridge the gap between the worlds of "mom" and "career woman" to find work-life balance? By working part-time. This informative guide tells both stay-at-home and full-time working mothers how they can reengage or redefine their careers while still having time to care for their children. The author--a mother and a former business executive, entrepreneur, and self-employed writer--provides all the information moms need to find the ideal employment solution in today's job market. For some women that means returning to the job market, while for others that means reducing hours with a current employer or changing jobs to obtain part-time work. The author also offers suggestions for defining personal objectives, networking, approaching job-sharing, and starting a business to help land part-time jobs. Based on interviews with over one hundred part-time working women from a large cross-section of vocations, the book is rich with examples of what women in a variety of careers did to gain part-time employment. A majority report that working part-time gives them the "best of both worlds." By retelling their stories, the author has created a book that is realistic, useful, and an excellent reference. This is the perfect starting point for mothers who want to learn how they can fulfill family needs, earn income, and gain self-satisfaction. From the Trade Paperback edition.

"The treasury of anecdotes from women who found creative solutions to their employment woes could serve as good therapy for mothers who have already switched to part-time work or are considering doing so."
—Booklist "An informative, easy-to-read guide for mothers who are ready, willing, and able to reap the benefits of part-time employment. Using real-life stories from interviews with over one hundred working women, Beth Brykman shares details and insights about both the advantages and challenges of pursuing a balanced life through part-time work. A must-read for anyone considering scaling back from or jumping back into the workforce after some time off."
—Sherrie Bourg Carter, author of *High-Octane Women* "The Best of Both Worlds" is a must-read for women in and out of the labor market. It's full of insights and real-life examples of women who have made tough decisions about their careers and family life. This book is a step-by-step guide to part-time success in today's rapidly changing economy."
—William Bloomfield, PhD, founder and managing partner, Civic Strategies Partners "Where was this book twenty-five years ago, when I was frantically trying to juggle family and career responsibilities? Beth Brykman's insights into the working woman's quest for a balanced life shine a light on what is possible, desirable, and achievable once we calm our minds and look at the bigger picture. Brykman delves into this subject in an honest and straightforward way."
—Mary S. Harpenau, partner/executive art director, ACG Multimedia "A captivating and inspirational book on how mothers can achieve a work-life balance through part-time work. A powerful resource full of practical wisdom, supported by engaging interviews and fascinating back stories of successful part-timers."
—Deborah Clarke, partner, Element C Design and former trial attorney "A step-by-step recipe to find your personal, individual success. A must-read for all women wanting a family and career. But even more importantly, *The Best of Both Worlds* is the perfect gift for a woman who feels she must give up motherhood. This book gives her a third choice."
—Pam Wauligman, owner, Performance Construction About the Author Beth Brykman is the author of *The Wall between Women: The Conflict between Stay-at-Home and Employed Mothers* and *Second Wind: The Resilience of Women*. She has also written for the *New England Journal of Public Policy*. She has managed her own part-time consulting business, Brykman Consulting Services; has held senior marketing positions at Kraft General Foods and Pittsburgh Brewing Company; and has worked in product management for Ralston Purina, HJ Heinz, and Frito-Lay.