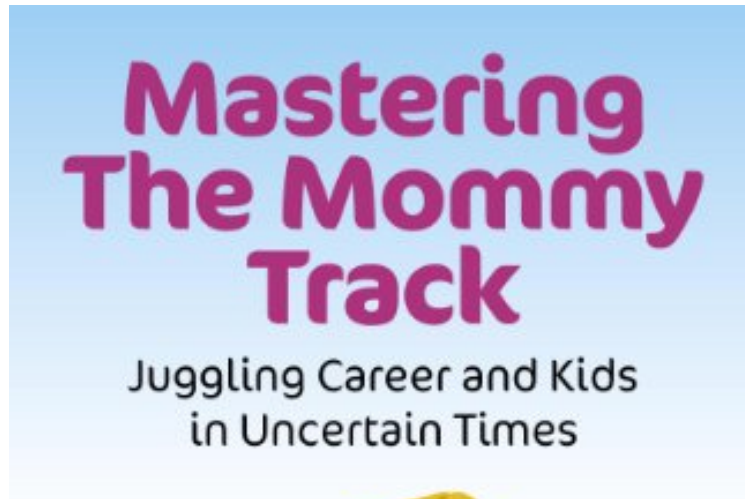


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Mastering the Mommy Track: Juggling Career and Kids In Uncertain Times

Erin Flynn Jay

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Erin Flynn Jay : Mastering the Mommy Track: Juggling Career and Kids In Uncertain Times before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mastering the Mommy Track: Juggling Career and Kids In Uncertain Times:

0 of 0 people found the following review helpful. Helpful suggestions across a wide range of topicsBy CustomerMASTERING THE MOMMY TRACK was conceived when the Erin Flynn Jay read a story of family

struggle. She relates her own struggles in raising two daughters and working in a PR firm, while her husband was unemployed. One of the strengths in Jay's book is that in each chapter she interviews (or culls from other sources) experts on the topic. Her advice is measured and realistic. She affirms that parents' first responsibility is to their family--children and the couple--hence, the slant of her title. Each chapter is a separate take, so readers can locate an issue in the Table of Contents and tap advice on that issue. 0 of 0 people found the following review helpful. Five Stars By HennaWell written and quite useful in this busy world 0 of 0 people found the following review helpful. Great book for any expectant or current mothers By Customer -Machel Shull This book is a logical and realistic guide on how to stay sane in a fast paced life as parent. If you are about to be a mother or a mother trying to figure out how to juggle your multi-tasking 'to-do' list, this book will give you the steps you might be missing out on without reading it first.

Many working mothers today face great tension between their families and careers. They are more likely than men to feel pressed for time and conflicted about being away from young children while working. They are also more likely to seek out help or guidance. Mastering the Mommy Track tells the stories of everyday working mothers, the challenges they have faced, and lessons learned. It also offers solutions from experts on how mothers can overcome current issues in order to lead happy, healthy lives at home and work.

"If You're a Mother Read This!" - Huffington Post "The whole book is a fantastic resource and covers a wide range of topics including communication, finances, romance, health, parenting, time management, and self-care. Whether you're a working mom or a stay at home mom considering rejoining the workforce, this book has something for you." - Flexjobs.com "Mastering the Mommy Track is just what the doctor ordered for any working mom who is looking to bring some sense of balance and normalcy to the chaos that is often her life." - Small Business Trends "Jay offers countless concrete tips for harried parents, including tips for better nutrition, finding time for your spouse, forging friendships as a new (or seasoned) mom, time management, organization and keeping your cool at home." - Fun Finds for Families "I found the book to be an easy read, full of stories of real women who have experienced struggles similar to mine and my friends. Plus Jay offers effective, simple solutions for finding the balance we crave." - North Texas Kids Magazine "The book is worthy--thoughtfully organized and well written. All parents who read Jay's book are quite likely to feel fortunate that she took the time to share." - The ASJA Monthly "Mastering the Mommy Track is a strong pick for the modern careerwoman looking for every advantage they can get by." - Midwest Book "Mastering the Mommy Track is a serious look at women and the stories of their lives as they struggle through the changes in our society and the economy of the early 21st century." - Defeating the Squirrels About the Author Erin Flynn Jay is a writer and publicity expert. Since 2001, Erin has been promoting authors of new books and small businesses in all industries. Erin has expertise in successfully obtaining print, online and broadcast media placements for experts and authors. From 2002 to 2005, Erin worked as an in-house consultant for Planned TV Arts in New York City, where she booked city tours, radio tours and speaking engagements for authors in addition to placing them in newspapers and magazines. Before becoming self-employed, Erin worked at D.E.I. Management Group, Inc., an international sales training company as a writer and editor for over four years. Her primary role there was to customize hundreds of training programs each year for Fortune 500 clients in every field. As a Managing Editor of Stephan Schiffman's Executive Sales Briefing, she recruited writers and edited this monthly publication. In 2010, Erin wrote extensively about timely professional coaching topics for coachingcommons.org. Erin's articles have appeared in diverse publications including careerbuilder.com, MSN Careers, Brandweek, Costco Connection, Opportunity World, Sales and Marketing Excellence, The New York Enterprise Report and Wealth Manager. Erin received a B.A. in Communication from the University of Scranton in PA and lives in Philadelphia with her family.