

Balance is a Crock, Sleep is for the Weak

An Indispensable Guide
to Surviving Working Motherhood



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wickedly funny, girlfriend-to-girlfriend survival guide for working mothers who would like real answers, not really mommy manifestos or sappy crap on finding "balance" Most books for working mothers are earnest, serious guides with some usefull information, yet lack the snark and practicality that today's overworked moms relate with. Advertising veterans Amy Eschliman and Leigh Oshirak know firsthand what a struggle it could be to hold down a stressful job while raising a family-and that sometimes the only method to protect your sanity has been laughter. The Breastaurant is certainly Open for Business: The pump and grind of nursing after you return to work. Congratulations. and additional time-sucking obligations. • And more day-to-day advice for surviving the working-mommy trenches Balance is a Crock, Sleep is for the Weak is the indispensable "what to expect when you're expected back at work" guide for working moms or any woman considering returning to work after baby. • A survival guide for ordinary people, Stability is a Crock, Sleep is for the Weak is normally filled up with bitterly funny topics like: •Watch a Video YOU AREN'T Your Husband's Mother! Right now, where do I slot "baby" in Outlook? • Maternity Leave: Holiday or Hell? •



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I only wish we had browsed it when we were first pregnant! I was pleasantly surprised. If you are on the advantage, skip straight to Chapter 9 After an all out meltdown about a week ago (and not just the "usual" crying over stupid things... discover Chapter 9 - Crazy Eyes in this reserve), I knew it was time and energy to try something fresh. Great tips- like 2 essential kitchen items- panini press and sluggish cooker- although more updated version is the instapot! I almost bought the Milk Memos, but found myself crying in just the few sample webpages (on kindle). 1) this book rocks! I, hilarious, and a huge kick in the butt 2) know yourself before you get it. I understood this reserve was for me personally when my hubby kept asking "what? I tried to save it for reading after the kiddos went to bed." (he has liked reading excerpts as well) I am a cynic; a full-fledged Type-A perfectionist who provides been struggling to "let it go" since I got my first kid 4 years back. Needless to say, it has been a long 4 years, and it's really a miracle that we made a decision to have another child, but I digress. This book may be the perfect stability of "we have been there, it sucks" along with "choose yourself up by your bootstraps and carry on - that can be done it, and here's how". It offers perspective (from the perspective of individuals who know how screwed up your perspective really can obtain when you haven't slept in a few months and you feel just like you're failing at work and at home). It also made me feel very good in that after 4 years, some of the items I've started to depend on for survival were actually documented in this reserve (feels good to have some backup/validation!). Factors that would improve this book... 1) I wish I read it earlier... 3) the only real things that would make it better is always to obtain it out there so that it helps people *before* they will have the Crazy Eyes, and so that hubbies can take part in the healing. 2) Help to make a Husband's "companion book". I think my meltdown scared hubby more than enough that he'll read the full reserve to obtain us through this, but a "cliff's notes" version for the guys would definitely make a killing. Therefore in summary... btw, that publication looks wonderful and very moving, but I needed even more of a kick-@** publication than an psychological roller coaster. People that didn't enjoy it found it too cynical. In case you are in denial about the things that suck, and you don't find pleasure in identifying and laughing at those things. Maybe if you're even more of a pessimist with a cynical, jaded point of view, you'll love this particular book.. Carry on, working ladies. Market it to the preggos - sell it alongside the EPTs in the pharmacy! or if you are looking for justification for your habits of killing yourself over small things (rather than tips for re-prioritizing), then you probably won't discover humor or support in this publication and might be better with the Milk Memos... Amy and Leigh have our backs! and I came across the authors' discussions of themselves in the third person (constantly) to end up being annoying. Additionally it is not very helpful This isn't nearly as entertaining as it is hyped to be, and I came across the authors' discussions of themselves in the 3rd person (constantly) to be annoying. This book reaches the nitty gritty of managing a full time (or more than full time) job along with family life, while managing to remain mostly sane along the way. I finished up forcing myself to complete it, rather than discovering that I couldn't place it down. My guidance would be to skip this one and try one of the other books offering advice for moms returning to work after having a new baby. This reserve opened my eyes a little AND was very entertaining. I bought this book because I was needs to have my 1st meltdown after returning to function when my baby was 8 weeks old. It definitely gives you the frosty hard information, kinda slaps you over the encounter and wakes you up from your maternity leave bliss in prep you for the next thing of lifestyle. After about two weeks all hell broke loose and I began to crash. Good fun therefore true! I have began to take a less aggressive lifestyle; If you are searching for something that is actually funny, then I'd suggest "Sh*tty Mom" I wish I had

this during pregnancy! Just what the physician ordered. This publication not merely helps you deal, it gives great suggestions and can be fun to read. So far they will have all laughed aloud and actually enjoyed the book. This book has really allowed me to feel like I'm not alone and helps me start to see the humor in operating motherhood. This book is awesome for all working moms and soon to be working mothers! I read a few book samples, and finally settled upon this book. It's a fast read and may be picked up and put down easily - another needed for working moms :) REAL LIFE, No BS Book for Working Mothers I bought this publication expecting it to be another boring set of tips and techniques I could write myself - purchase takeout, require help when it's needed, sort your children's clothes by day so that you can see them, blahblahblah.. The authors provide wit and levity from what can sometimes look like a desperate situation - the day to day time balancing act that's working motherhood. I truly appreciated the way the book was organized, the ideas and hints they offered, and the actual fact that they accepted that some mothers *gasp* really are earning at least half their family's income and can't just quit when items get tough. It is also not so helpful -- just a bunch of "some tips about what we do and what worked well for us" that's not really any not the same as what I possibly could have come up with myself. As a full-time, work beyond your home, professional and mother just like the authors, I discover this this reserve really captures reality. But, produced the mistake of "just taking a peek" and before I understood it, I couldn't place it down and was laughing aloud to myself... It really is heart wrenching and exhausting! I am making my hubby read a few chapters after that might reread a few myself! It really is one of those books I discover myself referencing in conversation often right now! Primarily I hit the ground running and sensed like I possibly could do it all, including working out seven days a week within my pre-pregnancy extreme intensity. Best for working mothers This book seeks to greatly help working mothers with the juggling of work and family needs. Overall it had been supportive and experienced some helpful tips. I laughed, I cried, and I laughed so hard I cried the first time I read it. A good addition to the operating mom's bookshelf. I would like to hear tips for steps to make the best of a situation, that they do give, but I'd like it in a more positive light... what's therefore funny? Ok you moms out there on the point of go back to work . I somehow managed to cook dinner that night while reading the publication as it was propped up on the counter. A great deal of great gems of advice from these women. Stuff I want I had put in place when I returned to work. That is a must for those moms just getting back to function after maternity leave, it will make the transition much less scary and even more 'doable'. The publication is full of humor and wit. A bought many copies to distribute to friends and other office moms...! I laughed, I cried, We laughed so hard I cried..... READ THIS BOOK! Must Read! The next part of the title "sleep is usually for the fragile" is a little off-placing. Once most find time to browse it, they come back and tell me it had been their favorite read about working motherhood. I read this reserve before returning to work. Heading back to work is super hard even though I didn't take away any real ideas. Make time to go through it while on maternity keep, you won't regret it! hysterical read this while I was on maternity leave and it's really cute. Rather I just felt like the authors had been extremely cynical and negative with no true positive viewpoints. The authors keep everything humorous & most importantly, REAL! This is my head to gift for colleagues and friends when they announce their pregnancy..it did lighten my feeling. Cynical and Depressing From reading other evaluations I was looking forward to a funny reserve that would have me laughing about being truly a nursing, functioning, pumping new mom. The 2 2 authors are really funny and lighthearted. I suppose I should have collected that from the reserve title! I am just working 3 days a week so maybe life really is that bad for moms who work 5 days weekly. I

have no idea. But I know that as a new mom I'd like encouragement! Essential read for all office moms When this arrived about my doorstep on Thursday. I think maybe this book seriously isn't my type of humor because obviously plenty of people loved it and discovered it hilarious.. But I'm an optimist with a rosy point of view and I did so not enjoy this book at all.



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