

rqhh9 [Download] Back to Work After Baby: How to Plan and Navigate a Mindful Return from Maternity Leave



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"This book is what every new mother needs, but just doesn't know it. It is a must-read for practical reasons, with invaluable coping tips, and for emotional reasons, reminding us women that we are not alone. There is a sisterhood out there, and Lori's book gives permission and a path to tap into it. Bravo!" - Dana Bash, CNN Chief Political Correspondent "Lori Mihalich-Levin's new book is a gem. Filled with engaging stories and imminently practical advice, Mihalich-Levin not only tackles the complicated logistics of planning for a leave and return, but gets to the heart of the matter: the stories we tell ourselves. Women's lives have changed utterly, yet cultural expectations have yet to catch up. Mihalich-Levin shows new mothers how to clear a path through the noise and find their own way. Reading the book is like having coffee with a wise friend who assures you, 'You've got this.'" - Brigid Schulte, Award-Winning Journalist and Author of the New York Times Bestselling Book, *Overwhelmed: Work, Love & Play when No One has the Time* and Director of The Better Life Lab at New America There are books out there on every baby-related topic imaginable, but what about one that helps you plan your return to work, and ease concerns and fears about the transition so you can focus on your child? *Back to Work After Baby: How to Plan and Navigate a Mindful Return from Maternity*

Leave fills this much-needed gap. It introduces you to a community of other returning-to-work mamas, and empowers you to make calm, thoughtful choices. Whether you are a brand-new mom or you had your second or third child, Back to Work After Baby will inspire you with new ideas on how to approach heading back to work with a healthier mindset, tackle the myriad of logistics (from negotiating for flexibility to pumping to dealing with baby sick days), view your leave and return as a leadership opportunity, and commit to staying in community with other working mamas.

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