

Reinventing Ourselves *after* Motherhood

How Former Career
Women Refocus
Their Personal and
Professional Lives after
the Birth of a Child



S u s a n E . L e w i s

Reinventing Ourselves After Motherhood

Kelly Pryde, Ph.D.



Reinventing Ourselves After Motherhood:

Reinventing Ourselves After Motherhood Susan Lewis, 1999 Susan Lewis explores the hows and whys of making the decision to halt or alter a career and the ramifications that may result From reidentifying oneself among peers to the changing relationship with one's spouse Lewis uses insightful anecdotes humor and compassion to help women cope and ultimately thrive during this challenging transition

The Wall Between Women Beth Brykman, 2012-04-03 Women today struggle to make difficult choices involving their children and their careers so why do they simultaneously criticize undermine and point fingers at one another Beth Brykman taps her personal experience as well as her professional marketing skills in crafting this well researched look at the life transforming issue that American mothers face Having been both a full time employed mother and a stay at home mom Brykman interviewed more than one hundred mothers She lets these women speak for themselves about the reality of their lives their views of the other mother and how they balance the pros and cons of motherhood Separate chapters examine the factors that create the wall between women stereotypes of mothers on both sides of the wall the lives and attitudes of full time employed mothers versus mothers who choose to stay at home working part time the reality of daycare how different women determined what was right for them and their families coparenting and suggestions for modifying marriages and letting go of the emotional baggage of success and guilt including suggestions for broad cultural change An appendix details her research methods including questions she posed to each mother and a useful bibliography that points readers to other resources Filled with revealing quotations and stories from mothers themselves this insightful discussion of contemporary motherhood reveals the many challenges facing women and offers creative solutions for overcoming those challenges

The 7 Stages of Motherhood Ann Pleshette Murphy, 2010-05-19 This refreshingly candid parenting book puts mothers not children center stage Ann Pleshette Murphy provides a reassuring wise and often wildly funny mix of anecdotes and advice as she describes the seismic shifts in women's lives and identities from pregnancy through a child's graduation She draws on countless conversations with mothers and with child development experts she has met as the parenting contributor to Good Morning America and as the former editor in chief of Parents magazine The mother of two Murphy freely shares her own trials and errors in stories that will have readers laughing in relief and recognition Written with wit warmth and unfailing empathy *The 7 Stages of Motherhood* is an exuberant and indispensable guide to making the most of motherhood Words of Wisdom for Every Stage of Motherhood _ Forget the mothering comes naturally myth And don't be afraid to ask for help _ Avoid keeping up with the Joneses Give your kids what they need not everything they want _ Know when you're in the wrong movie Don't try to cast your kids in a remake of your childhood _ Give yourself credit for finding Lego Man's hair Little acts of caring matter more to your kids than getting through your to do list _ Be a mother not Mother Teresa When you neglect your own needs you shortchange your kids

Back on the Career Track Carol Fishman Cohen, Vivian Steir Rabin, 2008-08-18 If you're a stay at home mom

considering going back to work these are some of the questions that have likely come to mind Returning to the workforce can be a daunting prospect It requires reigniting old contacts including those with coworkers once you junior marketing yourself strategically and building confidence whether you ve been out of the workforce for two six or fifteen years Carol Fishman Cohen and Vivian Steir Rabin understand because they ve been there As Harvard MBAs who successfully relaunched their own careers after staying home full time with their children they know it can be done with careful planning strategizing and creativity Now in BACK ON THE CAREER TRACK they offer a prescriptive seven step program that includes Assessing career options and updating job skills Networking and preparing for interviews Getting the family on board Packed with expert advice from career counselors and recruiters and insightful stories from others who have been through the process this book also offers an inside look at what employers and universities are doing to help relaunchers today including how many businesses are recognizing them as valuable assets As frequent speakers to women s groups professional schools and corporations Cohen and Rabin provide a thorough unique program from two experts on the topic of career reentry BACK ON THE CAREER TRACK is sure to become the classic guide in the field **Back to School** Alex Pomson,Randal F.

Schnoor,2008 A groundbreaking study on the impact of Jewish day schools in the lives of parents and children Beyond the walls of their synagogues Jewish adults are creating religious meaning in new and diverse ways in a range of unconventional sites In Back to School authors Alex Pomson and Randal F Schnoor argue that the Jewish day school serves as one such site by bringing adults and children together for education meeting study and worship like ceremonies Pomson and Schnoor suggest that day school functions as a locus of Jewish identity akin to the Jewish streets or neighborhoods that existed in many major North American cities in the first half of the twentieth century Back to School began as an ethnographic study of the Paul Penna Downtown Jewish Day School DJDS in Toronto a private religiously pluralistic day school that balances its Jewish curriculum with general studies Drawing on a longitudinal study at DJDS and against the backdrop of a comparative study of two other Toronto day schools as well as four day schools from the U S Midwest Pomson and Schnoor argue that when parents choose Jewish schools for their children they look for institutions that satisfy not only their children s academic and emotional needs but also their own social and personal concerns as Jewish adults The authors found an uncommon degree of involvement and engagement on the part of the parents as genuine friendships and camaraderie blossomed between parents faculty and administrators In addition the authors discovered that parents who considered themselves secular Jews were introduced to or reacquainted with the depth and meaning of Jewish tradition and rituals through observing or taking part in school activities Sitting on the cusp between the disciplines of education and the sociology of contemporary Jewish life Back to School offers important policy implications for how Jewish day schools might begin to re imagine their relationships with parents Jewish parents Jewish studies scholars as well as researchers of educational and social trends will enjoy this evocative volume **The Mom Book** Stacy M. DeBroff,2002-02-05 With lists tips rules and

defining principles for everything from planning a family vacation to surviving picky eaters or a rainy day The Mom Book is peppered with real world stories from the contributing mothers **He's Just No Good for You** Beth Wilson,2009-01-13

Woman to woman advice on identifying and dumping bad news guys No one is immune when it comes to destructive relationships Even smart women can be gaslighted by men who appear supportive in public but are belittling in private after which worse yet they assert that you re upset for no reason that you re simply imagining the verbal abuse and incremental death of your spirit In He s Just No Good for You best selling author Beth Wilson with psychologist Dr Maureen Hannah zeroes in on the heart of the matter women s well being and self worth and sets forth a clear vision of just what a healthy relationship looks like She also instructs women of all ages on installing early detection warning systems in their brains As for those women already enmeshed in a destructive relationship this book with its reassuring empowering style can assist in identifying the problem deciding whether to leave or to stay and then acting on that decision Most books about bad relationships focus on compatibility or domestic violence He s Just No Good for You is for all women who have found themselves wondering if the great guy others see at their side is in fact not so great or worse Wilson explores the anatomy of a destructive relationship and provides clear profiles of bad news individuals And she shows women how they can move beyond the grasp of a harmful relationship by taking a candid look at their priorities their circumstances and themselves Drawing on the wisdom and insight Wilson has long utilized in her thriving private practice and building on her previous best selling books along with Dr Hannah s professional expertise He s Just No Good for You offers women a new path Women want more out of relationships and this book shows them that they can have it *What Is a Kiss, Anyway?* Susan Lewis,2011-12 Why does my six year old son hate kisses Why does my three year old daughter want to wear the equivalent of ball gowns to the playground Why does my husband limp when he has a sore throat What is a Kiss Anyway is a collection of humorous and poignant stories about one woman s attempt to make sense of family life *Forthcoming Books* Rose Arny,1999-04 *Reinventing Mom* Kelly Pryde, Ph.D.,2013-12 You re on demand 24 7 juggling children home management work relationships and never ending to do lists You perform superhuman feats of multitasking to get it all done but the harder you strive for life balance and happiness the more tired frustrated and underappreciated you feel Like many moms today you are simply running on empty In this guide Kelly Pryde Ph D combines real life experiences with extensive research to help you step out of the hurried foggiess of everyday juggling into a deeper more joyful experience of motherhood Her seven pathways of reinvention will help you learn how to turn around self limiting beliefs and practices reclaim your feminine wisdom and restore your energy and mood rethink balance and priorities find joy meaning and peace of mind amidst the chaos slow down and reconnect with what matters most to you and your family Filled with practical advice inspiring stories and a wealth of resources Reinventing Mom will support nurture and guide you toward becoming the Mom and woman you are meant to be

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