

# 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

**Sheila Vijayarasa**



## **Reinventing Ourselves After Motherhood:**

*Reinventing Ourselves After Motherhood* Susan Lewis, 1999 Lewis explores the hows and whys of making the decision to halt or alter a career and the professional social and emotional ramifications that may result **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 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 *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.

*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've junior-marketed 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.

**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.

*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

**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

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

Natural Health After Birth Aviva Jill Romm, 2002 From herbal tips to yoga exercises this compete guide to postpartum wellness provides essential advice for adjusting to the many challenges facing women during the first year after giving birth

*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 **Life Begins at 60** Frieda Birnbaum,2016-05-31 Dr Frieda Birnbaum made headlines eight years ago when she gave birth to twin boys at the age of sixty And despite being a psychotherapist who had counseled other mothers for decades Birnbaum secretly wondered What have I gotten myself into Can I keep up It turned out she could and then some Like so many people who take on new things at age sixty and older Birnbaum discovered a new lease on life She felt more energized than ever on most days anyway to run after twins Josh and Jaret She parlayed the fame into TV and radio appearances commenting on subjects from Bill Cosby to Hillary Clinton Her psychotherapy practice flourished And as she reinvigorated her career her relationships with her family including her husband of more than forty years grew even stronger To be incredible mothers and partners Birnbaum believes women must be fulfilled and challenged as people first The secret she discovered was to welcome growing older rather than fear it This captivating and inspiring memoir is complemented with practical advice for a positive outlook and staying active while aging As Birnbaum reveals it s possible even easy to look and feel fabulous and glamorous in our sixties and well beyond **Lived Fully, Felt Deeply** Reshmi Nashier,2025-09-02 Lived Fully Felt Deeply is an invitation to look beneath the surface of our lives to the quiet forces shaping how we love lead choose and let go Blending fictionalized storytelling with reflective insight this collection brings together emotionally resonant narratives that explore the unconscious forces behind our everyday decisions Each story is anchored in real life dilemmas from a promotion turned down for reasons not yet known to a lifelong pattern of loving the unavailable to the quiet tension between visibility and fear these stories reflect the silent choreography of the inner world Structured into five themes the book journeys through unseen drivers emotional patterns early conditioning the quiet return to self Every chapter blends narrative reflection and journal prompts to spark awareness not in abstract theory but in the pause between heartbeats It offers space And in that space we may finally see what has been guiding us all along *The Power of Little Steps* Sheila Vijayarasa,2025-05-06 Women know what it s like to carry the weight of unfulfilled dreams But the life you crave isn t waiting for a grand unattainable leap it s built step by step through the small brave actions you choose every day When you embrace the power of little steps you become the architect of your life You find a way to keep moving forward one resilient act a time You stop apologising for who you are and start living boldly on your own terms Leadership coach spiritual mentor and TV personality Sheila Vijayarasa bared her soul on the show Big Miracles and now invites you to walk a new path She shares hard earned wisdom on self love healing reclaiming your power and navigating change The life you want is within reach one small step at a time Girl Grit Alexandra Elinsky, PhD,2024-11-08 Girl Grit Savage Not Average is the first book in the empowering Human Empowerment trilogy for women worldwide Dr Elinsky guides readers through a profound journey of harmonizing thought and emotion exploring personal fulfillment and experience She transforms her readers from doormats controlled manipulated and walked over by others into

daredevils fearless warrior women living without regret Discover what it means to go from average to savage in this emotional action packed self help adventure that will not only inspire you but also challenge societal conditioning to be a good girl focused on serving and pleasing others In Girl Grit Dr Elinsky passionately challenges and dismantles restrictive gender roles asserting that they limit our potential as women and undermine our purpose as equal human beings As an expert in gender relationship dynamics Dr Elinsky draws on extensive research to critically examine the very fabric of our social conditioning She urges It is time to wise up rise up and ascend to your highest potential Celebrating the worthiness and grandeur of women s capacities Girl Grit will elevate you to unimaginable heights Finally Dr Elinsky advises Do not read this book unless you are ready to revolutionize your life as you know it Learn what it means to become a fire woman and unleash your regal authority into the world Girl Grit will set your self esteem on fire

**Beyond the Womb: Between Being and Loving** Ary S. Jr.,2023-06-16 Through a poetic and engaging prose the author Ary S Jr transports us to a universe where maternal bonds transcend time and space He leads us through intricate paths where the essence of motherhood is intertwined with the search for self knowledge and the full expression of love

**Flourish for Mums: 21 Ways to Thrive With Self-care and Acceptance** Sonia Bestulic,2022-04-07 Motherhood is a personal journey of self discovery From feeling delight and wonder to challenged and overwhelmed often all in one day FLOURISH for Mums is your perfect companion to cultivate 21 healthy ways to let go of unrealistic expectations and create space to celebrate your unique parenting pathway Filled with uplifting anecdotes and supportive strategies while busting big misconceptions this is personal yet universal in its strong yet gentle message The weight of social media societal expectations and an ever evolving concept of what it means to be a good parent play heavily on the minds of mothers If the daily life of a busy mum is not enough this is the burden that can break a mother s feelings of self worth and success personally in work and in the family unit Filled with uplifting anecdotes and supportive strategies while busting big misconceptions Flourish for Mums cultivates a self empowerment specific to mothers with its unique strong yet gentle messages This compassionate wise and soulful book cuts to the heart of motherhood It s the ideal handholding companion Michelle Mitchell Author Speaker Educator Sonia Bestulic is a creative energised woman combining an extraordinary blend of creativity intellect empathy and passionate determined drive Sonia shares a natural gift for empowering those with children in their lives to embrace their own personal growth Sonia is an award nominated Children s Author Speech Pathologist Podcaster and highly regarded Speaker She combines real world experience having worked with thousands of mothers and their children within her Speech Pathology practices together with her own lived motherhood raising three children Sonia is also the Founder of Talking Heads Speech Pathology clinics in Sydney Australia She is an advocate for honouring mothers wellbeing celebrating children and living a life powered by love

**Beyond the Mommy Years** Carin Rubenstein,2008-08-14 Full of research based tips and real world wisdom this book is a guide for mothers on how to thrive as they transition to their empty nest years Thirty million mothers between 40 and 60

years old are about to face childless households for the first time in decades For some women it is a lonely and confusing time but for the vast majority it s a journey of joy and discovery Through intensive and wide ranging original research author Carin Rubenstein reveals how and why some mothers thrive and others do not She breaks the post motherhood launch down into three stages grief relief and joy If a woman makes it through to the final stage friendships blossom work thrives and she develops a renewed sense of confidence and well being While in many instances increased time together hastens the end of a struggling marriage most women discover their relationships improve when children leave Beyond the Mommy Years offers fascinating research helpful advice and amusing anecdotes to the millions facing this uncertain but potentially enriching stage of life An encouraging counterargument to the idea that an empty nest leads to an empty life Library Journal Carin Rubenstein PhD nails it Any woman worried about her post car pool life should read this book Sally Koslow mother of two sons in their twenties and author of Little Pink Slips Beyond the Mommy Years bridges the knowledge void felt by so many moms after their children leave for college A thoughtful discussion of the positive changes that lie ahead for mothers after our children are launched While parenting never ends this book provides moms with the tools to live a rich and full life Linda Perlman Gordon Susan Morris Shaffer co authors of Mom Can I Move Back in with You     **Trusting Ourselves** Karen Johnson,1991 Definitive and comprehensive Trusting Ourselves is the only book to cover every aspect of psychology as it applies to women This groundbreaking work will empower its readers to understand and make decisions about their psychological well being and treatment in much the same way Our Bodies Ourselves redefined women s health care In a radical reversal of the usual approach to psychological care which assumes that only the professional understands the problem Johnson strongly believes that women and their values perspectives and biases have merit and that most patients understand why they re not happy with their lives Trusting this self knowledge and taking action on one s own behalf provide a foundation for all the information in this book It is time to revise psychotherapy to incorporate a woman s perspective

*Forthcoming Books* Rose Arny,2004



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