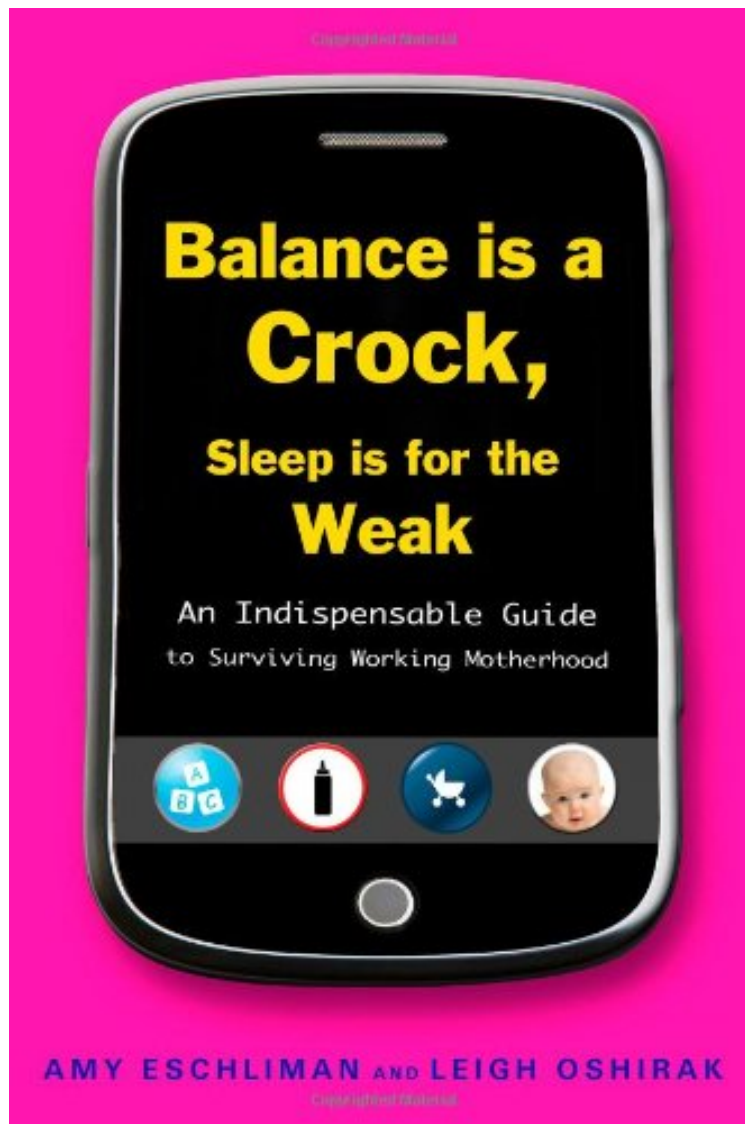


(Free pdf) Balance Is a Crock, Sleep Is for the Weak: An Indispensable Guide to Surviving Working Motherhood

## Balance Is a Crock, Sleep Is for the Weak: An Indispensable Guide to Surviving Working Motherhood

Amy Eschliman, Leigh Oshirak  
DOC | \*audiobook | ebooks | Download PDF | ePub



#985556 in Books 2010-04-06 2010-04-06Original language:EnglishPDF # 1 8.98 x .91 x 6.00l, .91 #File Name: 1583333703352 pages | File size: 74.Mb

Amy Eschliman, Leigh Oshirak : **Balance Is a Crock, Sleep Is for the Weak: An Indispensable Guide to Surviving Working Motherhood** before purchasing it in order to gage whether or not it would be worth my time, and all praised Balance Is a Crock, Sleep Is for the Weak: An Indispensable Guide to Surviving Working Motherhood:

1 of 1 people found the following review helpful. Just what the doctor ordered... if you're on the edge, skip straight to

Chapter 9 By Reviewer After an all out meltdown about a week ago (and not just the "usual" crying over stupid things... see Chapter 9 - Crazy Eyes in this book), I knew it was time to try something new. I read a few book samples, and finally settled on this book. I almost bought the Milk Memos, but found myself crying in just the few sample pages (on kindle). btw, that book looks wonderful and very moving, but I needed more of a kick-@\*\* book than an emotional roller coaster. I knew this book was for me when my husband kept asking "what? what's so funny?". (he has enjoyed reading excerpts as well) I am a cynic; a full-fledged Type-A perfectionist who has been struggling to "let it go" since I had my first child 4 years ago. Needless to say, it's been a long 4 years, and it's a miracle that we decided to have another child, but I digress. This book is the perfect balance of "we've been there, it sucks" along with "pick yourself up by your bootstraps and carry on - you can do it, and here's how". It provides perspective (from the perspective of people who know how screwed up your perspective can really get when you haven't slept in months and you feel like you're failing at work and at home). It also made me feel pretty good in that after 4 years, some of the things I've started to rely on for survival were actually documented in this book (feels good to have some backup/validation!). Things that would improve this book... 1) I wish I read it earlier... market it to the preggos - sell it alongside the EPTs in the pharmacy! 2) Make a Husband's "companion book". I think my meltdown scared hubby enough that he'll read the full book to get us through this, but a "cliff's notes" version for the men would surely make a killing. So to summarize... 1) this book is awesome, hilarious, and a huge kick in the butt 2) know yourself before you buy it. folks who didn't like it found it too cynical. if you are in denial about the things that suck, and you don't find enjoyment in identifying and laughing at those things... or if you're looking for justification for your habits of killing yourself over little things (rather than tips for re-prioritizing), then you probably won't find humor or support in this book and might be better with the Milk Memos. 3) the only things that would make it better would be to get it out there so it helps people \*before\* they have the Crazy Eyes, and so that hubbies can participate in the healing. Carry on, working ladies... Amy and Leigh have our backs! 2 of 2 people found the following review helpful. Real World, No BS Book for Working Mothers By Sandi I bought this book expecting it to be another boring list of tips and tricks I could write myself - order takeout, ask for help when you need it, sort your children's clothes by day so you can find them, blahblahblah. I was pleasantly surprised. The authors bring wit and levity to what can sometimes seem like a desperate situation - the day to day balancing act that IS working motherhood. I truly appreciated the way the book was organized, the tips and hints they offered, and the fact that they accepted that some mothers \*gasp\* really are earning at least half their family's income and can't just quit when things get tough. This book gets to the nitty gritty of managing a full time (or more than full time) job along with family life, while managing to stay mostly sane in the process. 2 of 2 people found the following review helpful. I wish I had this during pregnancy! By kris I bought this book because I was starting to have my first meltdown after returning to work when my baby was 8 weeks old. Initially I hit the ground running and felt like I could do it all, including working out seven days a week at my pre-pregnancy extreme intensity. After about two weeks all hell broke loose and I started to crash. This book has really allowed me to feel like I'm not alone and helps me see the humor in working motherhood. I have started to take a less aggressive approach to life; this book opened my eyes a little AND was very entertaining. I only wish I had read it when I was first pregnant!!!

wickedly funny, girlfriend-to-girlfriend survival guide for working mothers who want real answers, not mommy manifestos or sappy crap on finding "balance" Most books for working mothers are earnest, serious guides with some usefull information, but lack the snark and practicality that today's overworked moms relate to. Marketing veterans Amy Eschliman and Leigh Oshirak know firsthand what a struggle it can be to hold down a stressful job while raising a family-and that sometimes the only way to preserve your sanity is with laughter. A survival guide for the rest of us, Balance is a Crock, Sleep is for the Weak is filled with bitterly funny topics like: • Congratulations. Now, where do I slot "baby" in Outlook? • Maternity Leave: Vacation or Hell? • The Breastaurant is Open for Business: The pump and grind of nursing after you return to work. • You Are Not Your Husband's Mother! and other 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 mothers or any woman considering returning to work after baby. Watch a Video

"Balance Is a Crock provides straightforward advice from moms who know your pain. For the working mom who is under stress, this book is like a spa day for your psyche!" -Stefanie Wilder-Taylor, author of Sippy Cups Are Not For Chardonnay "An indispensable and laugh-out-loud hilarious bible for working mothers. You definitely cannot have it all but having this book will help you keep your sanity." -Amy Sohn, author of Prospect Park West "You needn't be an office-dweller to benefit from their wisdom: Balance is a Crock, Sleep is for the Weak is for every mother who has felt she was juggling too many jobs to do any of them well, for every mother bedeviled by guilt and the endless hamster-wheel pursuit of perfection. In other words, for all of us." -Alexa Stevenson, author of Half Baked and creator of Flotsam (flotsamblog.com) "A must read for all those who struggle to manage the chaos of modern motherhood." - Amy Keroes, Founder CEO, mommytracked.com "This wickedly funny book debunks once and for all the myth that

you can balance children and anything else in life, offering comfort, smart advice and humor for those times when motherhood feels like a sitcom in which you are the only audience member." -Leslie Morgan Steiner, author of *Crazy Love* and *Mommy Wars*, and columnist for *Mommy Tracked* "Like a bracing, affectionate talking to from a (funnier and more experienced) dear friend, *Balance is a Crock, Sleep is for the Weak* is the perfect irreverent self-help manifesto for any working mom who struggles to keep it together. That is: just about all of us." -Kristin van Ogtrop, Editor of *Real Simple* and author of *Just Let Me Lie Down* "Get ready to laugh out loud, *Balance Is a Crock* provides no-nonsense, tell-it-how-it-is advice and practical tips for any mom who is trying to navigate working motherhood. No matter what age or stage your kids are in, this book will remind you that one of the most invaluable assets you need to survive is your sense of humor." -Cate Colburn-Smith and Andrea Serrette, authors of *The Milk Memos*

About the Author Amy Eschliman is a marketing veteran and the coauthor of *Balance Is a Crock, Sleep Is for the Weak: An Indispensable Guide to Surviving Working Motherhood*. Leigh Oshirak is a marketing veteran and the coauthor of *Balance Is a Crock, Sleep Is for the Weak: An Indispensable Guide to Surviving Working Motherhood*.