

The Good Enough Mother: Reimagine Motherhood and Work

Are you a working mother? Do you ever feel like you're not ng enough, both at home and at work? Do you worry that you're not being a good enough mother or employee? If so, you're not alone.

The Good Enough Mother is a book that will help you redefine what it means to be a good mother in today's world. Author Naomi Stadlen argues that the traditional model of motherhood—the one where mothers are expected to be perfect, self-sacrificing, and always available—is simply not realistic or sustainable. Instead, Stadlen offers a new vision of motherhood that is based on the idea of "good enough."



The Good Enough Mother: Reimagining Motherhood and Work by Hilary Barnett

★★★★☆ 4.9 out of 5

Language	: English
File size	: 589 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 160 pages
Lending	: Enabled



"Good enough" motherhood is about ng the best you can, with the resources you have, and letting go of the guilt and perfectionism that so

often plagues working mothers. It's about accepting that you're not going to be able to do everything perfectly, and that that's okay. It's about focusing on what's important to you and your family, and letting go of the rest.

The Good Enough Mother is full of practical advice and real-life stories from working mothers who have found a way to balance their careers and families without sacrificing either one. Stadlen offers tips on how to:

- Set realistic expectations for yourself
- Find a support system
- Learn to say no
- Delegate tasks
- Take care of yourself

If you're a working mother who is struggling to find balance, The Good Enough Mother is a must-read. Stadlen's message is both inspiring and reassuring, and her practical advice will help you redefine what it means to be a good mother in today's world.

Reviews

"The Good Enough Mother is a groundbreaking book that will change the way we think about motherhood. Naomi Stadlen's message is clear: it's okay to be a good enough mother, and it's time to let go of the guilt and perfectionism that so often plagues working mothers. This book is full of practical advice and real-life stories that will inspire you and help you find a way to balance your career and family without sacrificing either one."

- Sheryl Sandberg, COO of Facebook and author of Lean In

"The Good Enough Mother is a must-read for any working mother. Naomi Stadlen offers a realistic and refreshing perspective on motherhood that will help you let go of the guilt and perfectionism that so often plagues working mothers. This book is full of practical advice and real-life stories that will inspire you and help you find a way to balance your career and family without sacrificing either one."

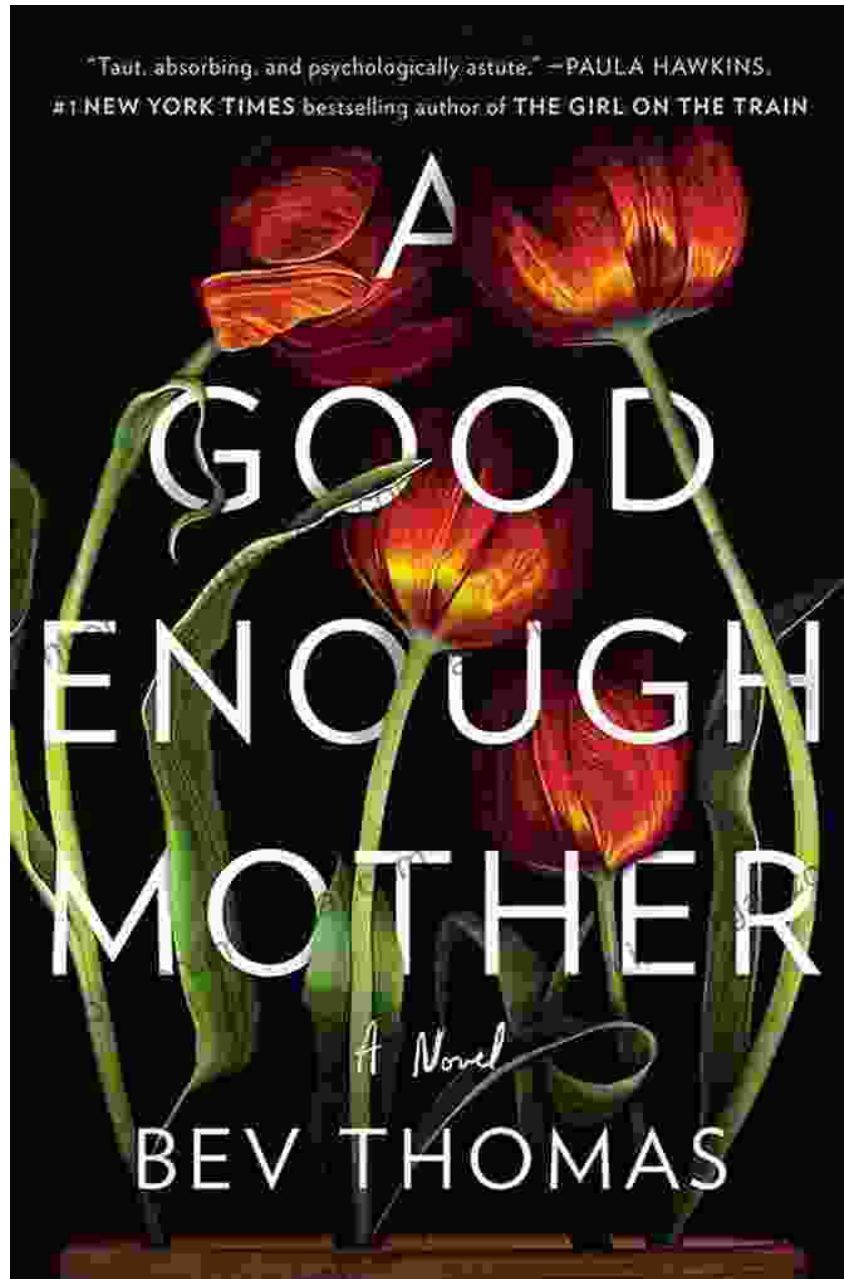
- Jessica Alba, actress and businesswoman

"The Good Enough Mother is a timely and important book. Naomi Stadlen's message is one that all working mothers need to hear: it's okay to be a good enough mother, and it's time to let go of the guilt and perfectionism that so often plagues working mothers. This book is full of practical advice and real-life stories that will inspire you and help you find a way to balance your career and family without sacrificing either one."

- Anne-Marie Slaughter, president of the New America Foundation and author of Unfinished Business

Buy The Good Enough Mother Today!

Available at all major bookstores and online retailers.



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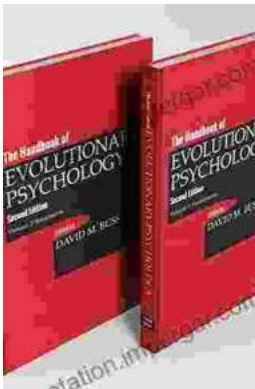
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