



What Happy Working Mothers Know: How New Findings in Positive Psychology Can Lead to a Healthy and Happy Work/Life Balance

By Cathy L. Greenberg, Barrett S. Avigdor

John Wiley and Sons Ltd. Hardback. Book Condition: new. BRAND NEW, What Happy Working Mothers Know: How New Findings in Positive Psychology Can Lead to a Healthy and Happy Work/Life Balance, Cathy L. Greenberg, Barrett S. Avigdor, A fact-based and proven approach to help working mothers rediscover happiness as they balance their duties at home and work Science and sociology have made great strides in understanding what makes us happy and how we achieve it. For working mothers who face endless demands on their time and attention, What Happy Working Mothers Know provides scientifically proven and practical ways to find the right balance and replace stress with happiness. Written by a behavioral scientist and global leadership guru, and an international lawyer and career coach, this mom-friendly guide offers practical tactics that truly work. The demands of juggling work and home lead many women to try to do everything and be everything to everyone. In the effort to be Superwoman, many women lose sight of what makes them happy and they fail to realize how important their happiness is to being a good worker and a good mother. The key to being your best at everything you do is to take...



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