



Maxed Out: American Moms on the Brink

By Katrina Alcorn

Seal Press. Paperback. Book Condition: new. BRAND NEW, Maxed Out: American Moms on the Brink, Katrina Alcorn, Winner of a Foreword IndieFab Book of the Year Award Katrina Alcorn was a 37-year-old mother with a happy marriage and a thriving career when one day, on the way to Target to buy diapers, she had a breakdown. Her carefully built career shuddered to a halt, and her journey through depression, anxiety, and insomnia--followed by medication, meditation, and therapy--began. Alcorn wondered how a woman like herself, with a loving husband, a supportive boss, three healthy kids, and a good income, was unable to manage the demands of having a career and a family. Over time, she realized that she wasn't alone; many women were struggling to do it all--and feeling as if they were somehow failing as a result. Mothers are the breadwinners in two-thirds of American families, yet the American workplace is uniquely hostile to the needs of working mothers, as well as the consequences to women's health, Alcorn tells a deeply personal story about "having it all," failing miserably, and what comes after. Ultimately, she...



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Reviews

Certainly, this is actually the greatest job by any author. It is definitely simplified but excitement inside the 50 percent of the book. I am just easily will get a delight of studying a composed pdf.

-- **Lelia Heidenreich**

The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.

-- **Prof. Nicole Zieme**