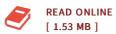




Maxed Out: American Moms on the Brink

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 parents. Weaving in surprising research about the dysfunction between the careers and home lives 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...



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