

## Baby Proof Your Career: The Secret To Balancing Work and Family So You Can Enjoy It All

Caroline Flanagan



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HOW WILL I KEEP MY CAREER ON TRACK WHEN I START A FAMILY?

If you are a career woman and know you want a family in the future, a regular career plan just won't cut it.

What you need is a long-term career strategy that targets the emotional and practical challenges you'll face when the time comes to balance a family and a career.

Babyproof Your Career gives you that strategy, and shows you why the time to implement that strategy is now.

Drawing on the author's past experience of a high flying career that derailed when she started a family, and interviews conducted with successful working mothers, Babyproof Your Career gives you practical tips and savvy advice that will prepare you for the day you want to enjoy it all.

When you read this book you will learn how to:

- Take control of your career and improve your work life balance
- Overcome the Five Pitfalls of Working Motherhood
- Be more assertive, resilient and get the right people on your side
- Improve your motivation, your confidence and take better care of yourself

This is the book every career woman should read before starting a family.



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