



# Mastering the Mommy Track: Juggling Career and Kids In Uncertain Times

*Erin Flynn Jay*

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Many working mothers today face great tension between their families and careers. They are more likely than men to feel pressed for time and conflicted about being away from young children while working. They are also more likely to seek out help or guidance.

Mastering the Mommy Track tells the stories of everyday working mothers, the challenges they have faced, and lessons learned. It also offers solutions from experts on how mothers can overcome current issues in order to lead happy, healthy lives at home and work.

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