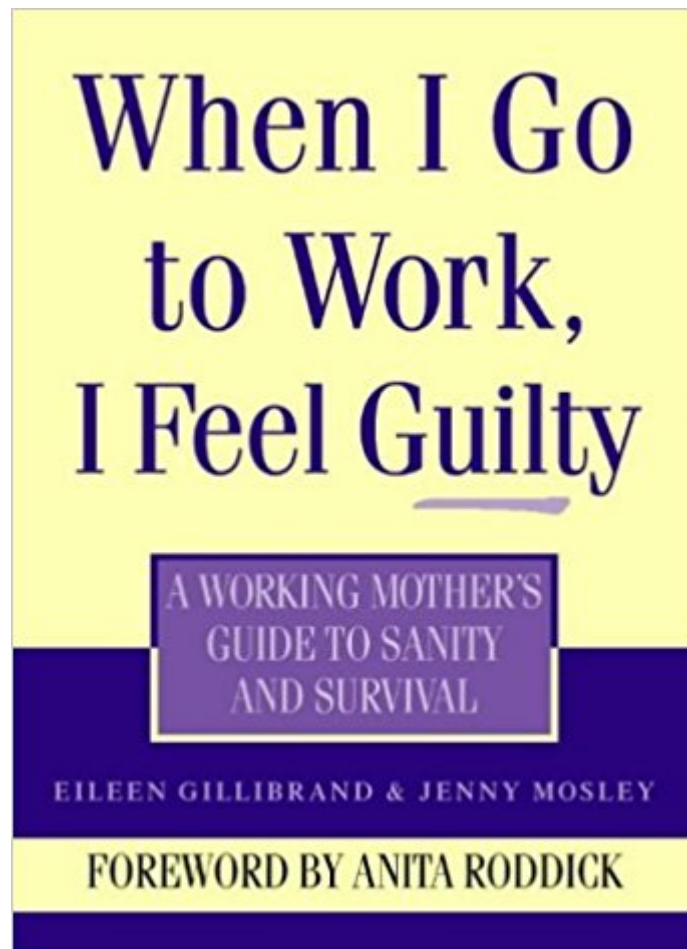




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# When I Go To Work I Feel Guilty: A Working Mother's Guide To Sanity And Survival



## Synopsis

With the stresses and strains of working mothers more in the spotlight than ever, this book provides welcome information and advice to this highly stressed, over-stretched group. needed by so many.

## Book Information

Paperback: 228 pages

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## Customer Reviews

'This book is a great aid to sorting out priorities, gaining confidence and using energy in a positive way.' Anna Ford, BBC  
'Let's banish the guilt. The new mantra to be heard is celebrate yourself as a working mother, and others will do so too. The potential ripple effects of this book are irresistible...because like a woman's work, positive self-esteem will reach further than ever imagined.' Anita Roddick, founder and chief executive of The Body Shop

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