



How She Does It: An Everywoman's Guide to Breaking Old Rules, Getting Creative, and Making Time for Work in Your Actual, Everyday Life

Anne Bogel

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Today's working woman looks a lot like you.

She's a:

- stay-at-home mom, working on her passion at naptime
- a part-time professional sharing childcare with her husband
- a full-time creative planning a future on her own schedule

She's a woman – like you – with the opportunity to find fulfilling and profitable work without the mother guilt of previous generations. The possibilities are endless for today's woman in this shifting work place – but the roadmap for getting there hasn't quite been written.

Until now.

In *How She Does It*, author Anne Bogel unpacks these trends in family & work culture, and gets to the core of HOW you can make your work goals fit into your unique family situation.

Inside, you'll find the personal success stories of 30 women who found – by playing to their unique strengths– solutions that really work for their families.

How She Does It will show you how to:

- Explore options for the shape of your work life, and plan ahead even before there's a husband or kids in the picture.
- Abandon old limitations on home life demands leftover from previous generations.
- Embrace this changing landscape where it's easier than ever to find time to work and be there for your family.
- Squeeze in more work hours without increasing childcare.
- Overcome common barriers like a tentative husband or a seemingly inflexible boss.
- Set priorities for your personal, budgetary, and family goals.
- Create a plan for your unique family situation.
- Adapt your work and family rhythms to the changing seasons of life.
- Meet other women like you who have walked the path of blending work and family–and succeeded.

How She Does It is the roadmap you've been looking for – packed to the brim with the creative solutions, encouragement, and resources you need to make a plan that works in the actual, every day life of your family.

How She Does It: An Everywoman's Guide to Breaking Old Rules, Getting Creative, and Making Time for Work in Your Actual, Everyday Life Details

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From Reader Review How She Does It: An Everywoman's Guide to Breaking Old Rules, Getting Creative, and Making Time for Work in Your Actual, Everyday Life for online ebook

Casey says

I really enjoy the Modern Mrs. Darcy blog, so I was excited to read this. But this was not what I thought it would be about. I was hoping for more ideas about time management for busy moms, but it was really about how to create part-time work on a flexible schedule. I like Anne's blog writing because it's so personal; this book was less so, actually pretty dry in parts. I would recommend it to women who think they want to have kids but are looking for ideas about what to do to prepare in their professional life for flexible work arrangements. Not so much to women who are already mothers. One part I did find fascinating was the idea that teenagers require MORE of your time than little kids because you can just put the littles to bed, but teenagers want to stay up and talk about heavy issues.

Leslie says

3.5 stars. Quick read inspiring women to think outside of the normal paradigms of work/family. It's a good reminder to do what's best for your family and not try to arbitrarily fit an established mold.

Sheila says

4.5 stars

I wasn't sure how applicable the book would be to my life but I found it very inspiring and motivating. The section on how to squeeze in more work was written for those on parent duty, so all of the tips included there were relevant and occasionally convicting.

I wish I'd been able to read this book when I was in college, so I could plan ahead a little better for a career that would give more flexibility and the potential to take advantage of the different seasons and options for work .

Even if you are single or childless, I think the book has something to offer. It's not just about "how do we juggle work and childcare." It's about creating a life that blends all aspects of your life in a way that works.

(Review excerpted from <http://deliberatereader.com/2012/09/review-workshift/>)

Kalyn says

This eBook is a quick read and dives into the WHY behind women in the workplace. I really love Anne's blog and her writing is just as engaging in her book—I just wish it was longer! I appreciated the different

perspectives based on seasons of life, but would have liked more practical tips for time management too.

Kerry Kenney says

I downloaded this book as a trial for the Kindle Unlimited (which I won't keep) but this book was excellent. It was an easy read, it introduced me to an ongoing conversation about topics I value, work, quality of life at home and the seasons in life we go through. The author of the book is a favorite blogger of mine, Anne Bogel or "The Modern Mrs. Darcy" She's a productive writer. I found her blog because she is a relentless bookworm and her taste is similar to mine. She posted so frequently I did think "How does she do it" then it turns out that is the name of her book. The topics were relevant to me: keeping my family a priority, and developing a career that allows me to contribute at home and enjoy my life, this book could not come at a better time. I learned some new tools (installed leechblock on my Mozilla toolbar) and also found encouragement and community in the ideas. Reminded me of an easier and more engaging Second Shift (Arlie Hochschild) or Sherry Turkle type book or Lean In (on my to read list).

Dav says

This is the problem with ebooks - one cannot flick through the pages and check out writing styles etc to see if the book is suitable. And while this was a good read, it had absolutely nothing to do with me. Apparently, an "everywoman" is a woman with her own family. I should have known, right. Oh well. In any case, I like the ideas that are presented, I like that we are going back to working in the home as opposed to the office, and I like it when families can work it out so that there is almost always one or both parent(s) around.

ANYWAY. Moving on to the next book. Duh brain.

Sarah says

I would recommend this book to anyone (male or female) with children or anyone planning to have children someday!

To be honest, I read Work Shift because my friend Anne wrote it. And she used my personal story as one of her many examples of how to juggle family and work.

I wasn't sure what to expect from the book. But I came away feeling enlightened. Anne really researched her topic and does an excellent job providing not only pointers on how families can create a work-life picture that works for them but also many real-life examples of how other families are making it work for them.

I will definitely keep this book at the forefront of my mind as the seasons in my life change and as I attempt to adapt my work around my ever-changing life.

All opinions in this review are my own

Keren Threlfall says

I've been looking forward to reading *Work Shift: How to Create a Better Blend of Work, Life, and Family* since I heard about it a few months ago. Even with the title, I wasn't sure quite what the focus of the book would be.

Blogger Anne Bogel of Modern Mrs. Darcy wrote *Work Shift* to share with women the possibilities of combining work and family. She explores what this can look like by looking at the ways 30 different women are doing this. Although there are some exceptions, the majority of the examples show how mother and father can function as the primary caregivers, while also arranging scheduling and work so that both are able to work.

I appreciated this book for a number of reasons, but particularly so because our family has somewhat unique work arrangements (although I am only doing a very small percentage of the "working.") Like a good number of the families featured, my husband works from his home office, and has a small degree of flexibility in the way he is able to arrange his schedule and work location. We have done this purposefully (though we realize it's not always possible), and it was affirming to read of other families doing similarly.

Of course, we have computer-based jobs for the most part, but *Work Shift* also shows how women and men working more traditional jobs can also arrange their jobs and schedules in a way that allows for a unique blend of work and family. There are excellent examples of families doing these very things.

The beginning of the book focuses on some of the history of the workplace--our current cultural view of work is such that we tend to forget that our current construct not the norm prior to the industrial revolution. Anne then goes through how the work-family blend operates, and then looks at individual examples over a broad variety of family situations and work arrangements.

I found this book helpful and inspiring. Like others have commented, I wish I had spent more of my unmarried and childless years exploring and training for options that would allow me to blend work and family; at the same time, there are still plenty of options to allow me to both spend time being a primary caregiver to my children, family, and home while also exploring creative outlets and income-producing opportunities. This book provides an excellent picture of what such opportunities can look like.

Table of Contents:

C.G. says

As often happens when I start reading a book to review, I'm always a bit skeptical about what I'm actually going to take away from it. I should really know better by now - one can always learn something! As I ran through Work Shift to write this review, I came to a complete stop in the section on time.

Although I am enjoying the flexibility of my new-ish job, I struggle with creating "work hours" and "off hours" because there is always something that needs to be done. I have long struggled with the issue of time management, but Anne's point on page 58 was the exact reminder that I needed for the day. "Quit wasting time. Seriously. Stop checking your email. Stay off twitter and Facebook. Find a strategy to stay focused, or use a service like RescueTime or Leechblock to block email and social media when you're supposed to be working." {Work Shift, pg. 58}

I have a slightly different problem with this because I work in social media for a living, but that doesn't mean that I need to work on my social media accounts while I'm at "work". So here I am, writing a review of a book that I figured wasn't meant for me since I already had the perfect non-traditional job, and even I walked away with something to consider and implement in the coming weeks!

Anne really did her research for Work Shift, and I think she has come away with a thoughtfully crafted book, filled with practical examples, suggestions, and encouragement for women (and men!) to think outside the traditional work box.

Sarah says

My fixation on books about motherhood and work/life balance continues! This was written to be an e-book, and is therefore pretty short and sweet. I appreciated that, but also just didn't find it very good.

To be fair, I think my low rating is at least partly due to the fact that I possibly misunderstood the book's target audience -- and that audience does not seem to include me. I realized about halfway through that this really seemed to be aimed at moms who want to work but who, for various reasons, aren't currently doing that.

I have a hard time reconciling that point of view, since I'm coming from a place where I am working full-time outside the home and have for my entire adult life except for a 3-month maternity leave. I strongly WANT to be a working mom. But just because I want to do it doesn't mean it's easy.

So how do I do it? Well, first and foremost, I rely on daycare. And therein lies my other chief complaint about this book -- a seemingly inherent assumption, based on the stories told by dozens of different women featured, that daycare = bad...and also that part-time work = good. I feel like you can't truly write a book about "making time for work in your life" without also including stories from women who work full-time and utilize traditional daycare.

Heidi says

A quick, inspiring read by our own "Modern Mrs. Darcy". Reading this book inspired me to recommit

myself to making my creative dreams a reality.

Cynthia Thomas says

this little book was just what I was needing to read today, as I've been a SAHM for 3 years and considering how to reintegrate into the workforce in a way that makes sense for my family. i read the whole thing during nap.

Catherine Gillespie says

Bogel takes issue with the concept that women have to choose between working or being home, and advocates a more flexible blend of work and life...

...One helpful section covers how to overcome common barriers to achieving work/life balance and advice on issues such as how to work without incurring childcare costs. Childcare costs are wildly under-discussed in the work/home debates, and I think childcare can be a big hurdle. Government-subsidized care wouldn't help the many moms who work flexibly, and good babysitters are hard to find (extreme understatement)...

...Work Shift would be a helpful read for women who work, who work part-time, or who have or have contemplated a side gig of some sort.

{Read my full review here}

Mary says

A book you can literally finish in a day and may just inspire you to change your life. As a new stay-at-home mom, I enjoyed reading this book and thinking about how and what working can look like for me in this season and in seasons to come. If you're looking for inspiration for finding a work-life balance that suits your particular situation as a woman, this book is encouraging and quick to read.

Jessica says

A quick and useful ebook. The most valuable aspect of this book is the collection of stories from various women who found creative solutions to balancing work and family in their life. If nothing else, this book provides permission -- and motivation -- to think outside the box. I wish Anne had taken some time upfront to lay out the narrow audience this is geared toward -- that is, women in opposite-sex marriages who have or plan to have children and want to do at least some work for pay. (The use of "everywoman" in the title is disingenuous given the narrow scope.) Although there was a brief mention of unmarried women and those without children, these were framed as "pre-marriage / pre-baby" women and the advice was more or less to prepare ahead of time for when children came. We don't have children yet but have done quite a lot of rearranging of schedules in the five years we've been married, and the discussion of balancing schedules revolved much more around childcare than on keeping one's relationship strong and healthy. I think this

book was a good one for me to read as we're preparing to adopt children, but it's not for everyone. I also think it could have been more broadly aimed -- although I realize this book stems out of the "can women have it all?" pop culture discussion, most of the tips are relevant to all genders and all family types. If you can ignore some of the broad generalizations that characterize the first section of the book, it's worth the read for the diversity of personal stories that may inspire creativity in finding a work/life blend that works for your family.
