



Having It All?: Choices for Today's Superwoman (Family Matters)

By Paula Nicolson

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We are so lucky; we can have everything: dazzling careers, financial success, happy and fulfilling emotional lives, well-adjusted children, a strong and supportive intimate relationship, friends, a social life, be feminine and look lovely too. Can't we?

No. Most women find themselves lacking somewhere and how much we struggle towards achieving all this depends on how much we've absorbed this 21st century myth.

Dr Paula Nicolson is an expert on gender relations and reproductive health. She shows us how psychological theories explain women's desires and their experiences at home and work and offers solutions to help us when the balance feels like it's tipping one way or another. Easy to read and reassuring, keep it handy for when you have to make decisions about home-life versus career, who you are now and who you want to be in the future.

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Editorial Review

Review

"...If you feel that you are about to make choices or are unhappy with your day-to-day life, then read Paula Nicolson's book..." (familyonwards.com, 24 October 2002)

"...offers particularly reassuring advice...", January 2003)

"...Easy to read and reassuring, keep it handy for when you have to make decisions about home-life versus career..." (Rollercoaster.ie – Competition, 17 January 2003)

From the Back Cover

Can women really have it all?

Women today feel under pressure - from films, TV, magazines - to be great at everything they touch.

Taking a fresh look at this idea of the modern Superwoman - fascinating career, model family, hectic social life - Paula Nicolson unravels the unattainable myth from workaday reality and so helps women take back control of their lives. Using self-tests to aid decision-making and identify areas of stress and anxiety, *Having It All?* prompts women to ask themselves the right questions about their lives and examine the choices they face in order to learn what is really important.

Having It All? takes you off the treadmill and helps you find your ways to win!

Users Review

From reader reviews:

Ellen Jones:

People live in this new moment of lifestyle always try to and must have the free time or they will get great deal of stress from both way of life and work. So , if we ask do people have time, we will say absolutely of course. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to anyone of course your answer will probably unlimited right. Then ever try this one, reading textbooks. It can be your alternative with spending your spare time, often the book you have read will be *Having It All?: Choices for Today's Superwoman (Family Matters)*.

Gail Kennedy:

Reading can called brain hangout, why? Because if you find yourself reading a book particularly book entitled *Having It All?: Choices for Today's Superwoman (Family Matters)* your head will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely might be your mind friends. Imaging just about every word written in a book then become one application form conclusion and explanation which maybe you never get ahead of. The *Having It All?: Choices for Today's Superwoman*

(Family Matters) giving you an additional experience more than blown away the mind but also giving you useful data for your better life within this era. So now let us teach you the relaxing pattern here is your body and mind is going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Carol Ray:

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Raymond Langford:

Many people said that they feel bored stiff when they reading a publication. They are directly felt that when they get a half portions of the book. You can choose the book Having It All?: Choices for Today's Superwoman (Family Matters) to make your own reading is interesting. Your skill of reading ability is developing when you like reading. Try to choose straightforward book to make you enjoy to read it and mingle the sensation about book and studying especially. It is to be very first opinion for you to like to open a book and learn it. Beside that the publication Having It All?: Choices for Today's Superwoman (Family Matters) can to be your friend when you're experience alone and confuse with the information must you're doing of the time.

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