



The Balance Myth: Rethinking Work-Life Success

Teresa A. Taylor

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Shatter the work-life balance myth by creating one life and one family

Tired of trying to attain the mythical *work-life balance* and constantly feeling frustrated? Are you giving yourself a C for your performances at work and at home? Teresa A. Taylor knows that trying to be a career woman and a mom can leave you feeling tired and defeated, and she wants you to take a new approach. She herself rapidly ascended through the ranks to become COO of a Fortune 200 company while raising two boys with her working husband, and in *The Balance Myth*, she shows you how you can do it too.

Taylor takes you along to a meeting in the White House, to union negotiations, and to her sons' soccer practices as she shares her candid, humorous, and heartfelt stories. Based on these real-life experiences and the lessons she learned from them, she shares the key to living with multiple responsibilities: integrating--not bifurcating--your personal and professional worlds. In addition, she offers insights about leading with integrity; surrounding yourself with positive resources; pushing through adversity; and celebrating accomplishments--especially your own.

Taylor couldn't take the mother out of the career woman or vice versa, and she believes that you shouldn't have to either. Don't search for balance; the answers are within you!

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