



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:

Desmond Gorman:

The book *Having It All?: Choices for Today's Superwoman (Family Matters)* can give more knowledge and information about everything you want. Exactly why must we leave a good thing like a book *Having It All?: Choices for Today's Superwoman (Family Matters)*? Wide variety you have a different opinion about reserve. But one aim this book can give many facts for us. It is absolutely appropriate. Right now, try to closer along with your book. Knowledge or details that you take for that, you are able to give for each other; you can share all of these. Book *Having It All?: Choices for Today's Superwoman (Family Matters)* has simple shape however you know: it has great and massive function for you. You can appear the enormous world by available and read a book. So it is very wonderful.

Sharon Novick:

What do you about book? It is not important to you? Or just adding material when you really need something to explain what the one you have problem? How about your free time? Or are you busy particular person? If you don't have spare time to perform others business, it is make you feel bored faster. And you have extra

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Joel Connolly:

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Silvia Washington:

The reason? Because this Having It All?: Choices for Today's Superwoman (Family Matters) is an unordinary book that the inside of the publication waiting for you to snap this but latter it will zap you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book have got such as help improving your skill and your critical thinking method. So , still want to hold off having that book? If I have been you I will go to the book store hurriedly.

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