



The Working Dad's Survival Guide: How to Succeed at Work and at Home

Scott Behson

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Most fathers today strive both to be successful in their careers and to be loving, involved dads. It sometimes seems like an impossible tug-of-war. But it doesn't have to be.

The Working Dad's Survival Guide helps dads understand they are not alone, and offers a series of concrete time and life management strategies that enable them to succeed in their careers *while also* being the present, involved fathers they always wanted to be. Through personal stories and interviews with dozens of working dads, as well as actionable advice and useful self-assessment exercises, Scott Behson will help you feel more confident in succeeding in both parts of your life.

Specifically, **The Working Dad's Survival Guide** will help dads:

- Understand that most dads face the same struggles they do.
- Articulate their career and family priorities through reflection and self-assessment exercises and by reading about other dads' experiences.
- Assess their current workplace's and employer's attitudes towards work and family. This can lead to a better understanding of ways dads can pursue work-family balance and what barriers may be in their way.
- Maintain and enhance their work productivity through better prioritization, planning and focus, as well as more efficient time management.
- Understand how to create, negotiate for, and utilize workplace flexibility.
- Understand their rights regarding paternity leave.
- Protect family time from the creeping demands of work.
- Improve their focus on the most important aspects of parenting, and gain a better understanding of how wives, families and children benefit from present, involved fathers.
- Carve out "me time" - exercise and social activities - needed to de-stress, renew energy and maintain mental health.
- Build a support network of other working dads so that they can give and receive friendship, emotional support and tangible help.

A portion of the book's proceeds is donated to A Better Balance, an advocacy organization promoting family-supportive workplace and social policy.

This book also features a foreword from Dr. Stewart Friedman, bestselling author of "Total Leadership" and "Leading the Life You Want."

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Lee Rutledge:

This The Working Dad's Survival Guide: How to Succeed at Work and at Home book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this book incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This particular The Working Dad's Survival Guide: How to Succeed at Work and at Home without we understand teach the one who studying it become critical in pondering and analyzing. Don't always be worry The Working Dad's Survival Guide: How to Succeed at Work and at Home can bring once you are and not make your handbag space or bookshelves' turn out to be full because you can have it within your lovely laptop even cellphone. This The Working Dad's Survival Guide: How to Succeed at Work and at Home having excellent arrangement in word and also layout, so you will not experience uninterested in reading.

Olive Griffin:

Reading a reserve tends to be new life style in this particular era globalization. With looking at you can get a lot of information that can give you benefit in your life. Together with book everyone in this world may share their idea. Books can also inspire a lot of people. A great deal of author can inspire all their reader with their story or even their experience. Not only the storyline that share in the textbooks. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors nowadays always try to improve their talent in writing, they also doing some research before they write on their book. One of them is this The Working Dad's Survival Guide: How to Succeed at Work and at Home.

Chantal Dow:

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Sherri King:

Is it you actually who having spare time after that spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This The Working Dad's Survival

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