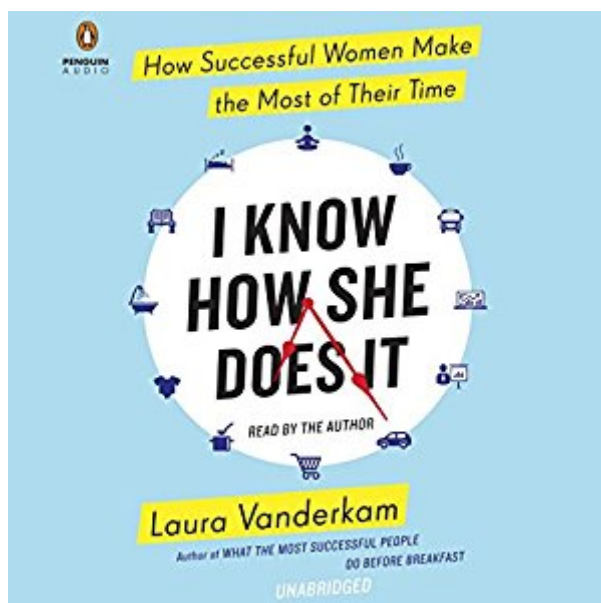


The book was found

I Know How She Does It: How Successful Women Make The Most Of Their Time



Synopsis

From the best-selling author of *What the Most Successful People Do Before Breakfast*, powerful insights from 1001 actual days in the lives of high-achieving women. Balancing work and family life is a constant struggle, especially for women with children and ambitious career goals. It's been the subject of countless books, articles, blog posts, and tweets in the last few years, and passions run high in all directions. Now Laura Vanderkam, the acclaimed time-management expert, comes at the "having it all" debate by asking a very practical question. Given that we all have the same 168 hours every week, how do people who do have it all - women with thriving careers and families - use those hours? When you study how such women fit together the pieces of their lives like tiles in a mosaic, the results are surprising. If you work 40 hours and sleep 56 (i.e., eight times seven), that leaves 72 hours for everything else. Vanderkam explains how her subjects use those "everything else" hours; why we work less and have more free time than we think; why it's a myth that successful women get too little sleep; and how women can have demanding jobs, spouses, and kids and still enjoy a healthy amount of downtime. She shares the time logs from 1001 days in the lives of women who make at least \$100,000 a year and still make time for their families and friends, for sleep and exercise, and for leisure activities they love. Based on what she learned from the patterns in those time logs, she provides a framework for anyone who wants to thrive at both work and life.

Book Information

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Customer Reviews

A more accurate subtitle for the book might be: How Successful BUSINESS Women SPEND Their Time. Success is qualified by a six figure income, thus defining success more one dimensionally in

the area of a woman's career. Defining success on a personal and family life front is admittedly more difficult to measure. The author tries to fit that in, simply by looking at the single component of time. But as we all know, all time is not created equal. There is a difference between quantity and quality. My hunch, is that the person who is drawn to this book, is looking for more than numbers. When you wonder "How She Does it", we secretly hope that there is a way to not just fit it all into our schedule, but to juggle those responsibilities with happiness and fulfillment. Ironically, I purchased the book because of a review I read from a man, who claimed it was a "refreshingly unemotional" look at the subject. He was right in the unemotional approach. But, it's the emotion that we're wanting, because emotion is what makes life rich. Not just scheduling our days so we can clock our time in a strategized allotment to our different responsibilities. The book is extremely well researched and data heavy. To me, the enormous amounts of stats and data became laborious to sort through. I am an avid reader of any "How to" type of book, but as such, I was looking for strategies and stories more than statistics and studies. The strategies do emerge if you are patient enough to plow through. The author centers the bulk of the book off her pool of time logs submitted from 100+ successful women. As mentioned, to fit that criteria, women needed to have a personal six figure income and balance that thriving career with motherhood.

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