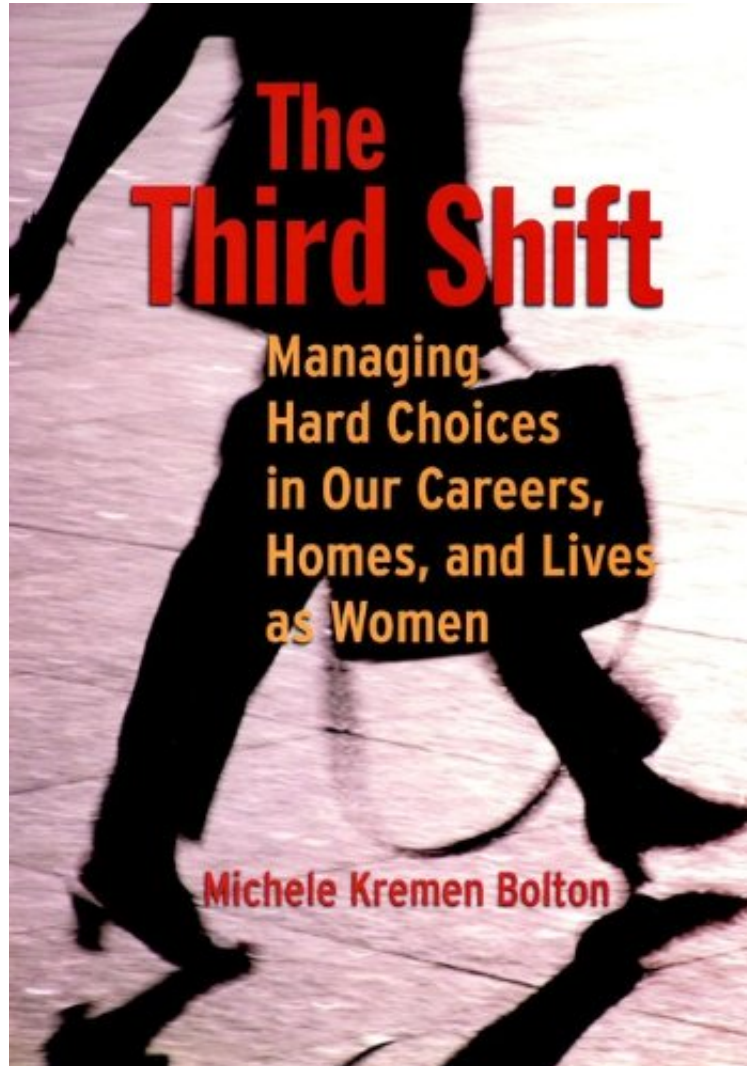


(Download) The Third Shift: Managing Hard Choices in Our Careers, Homes, and Lives as Women

The Third Shift: Managing Hard Choices in Our Careers, Homes, and Lives as Women

Michele Bolton

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Michele Bolton : The Third Shift: Managing Hard Choices in Our Careers, Homes, and Lives as Women before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Third Shift: Managing Hard Choices in Our Careers, Homes, and Lives as Women:

0 of 0 people found the following review helpful. just ok for meBy DMMThis was an interesting book and had valid points, but as a teacher I found it difficult to relate to most of the examples given. If you work in another profession you will probably find it more helpful than I did.8 of 8 people found the following review helpful. The Third Shift=Practical and Thoughtful Advice!By A CustomerChoices are always tough, and Michele Bolton's THE THIRD SHIFT makes them so much easier to make. I am a professional woman who, like many other readers of this book, am

a mother, wife and involved community member as well. The societal infrastructure for women hasn't yet caught up with our aspirations as women -- to be the best at work, to be the best at home, to change the world -- and it is because we live in this transitional era that Bolton's book is so important for women like me to read. Instead of chastizing ourselves for trying to take on so much, Bolton's study shows that questioning oneself and others is the very essence of being a successful woman. In addition to providing useful suggestions for professional women in the corporate workplace to be (and feel) more successful, Bolton also turns her attention to entrepreneurial women launching their own businesses, a move she says that is so much more than a job change, but that involves a more profound change in one's very identity. Finally, Bolton even offers several chapters of suggestions for "stay-at-home" moms, so that no matter what your life choices are, you can find out how to feel better about them by reading this book! Best of all in this book is the personal voice of the author. She writes as a researcher, academic and executive coach, but also as a woman and mother. As you read each chapter (even the ones that don't seem to relate to you directly), you often feel as though you are reading about yourself or someone you know. Take time to buy this book and then sit down and browse through it. This book won't change the world, but it will change how you look at the world, and how you feel about your place in it.

3 of 3 people found the following review helpful. The Third Shift: Full of practical and thoughtful advice!

By A Customer Choices are always tough, and Michele Bolton's *THE THIRD SHIFT* makes them so much easier to make. I am a professional woman who, like many other readers of this book, am a mother, wife and involved community member as well. The societal infrastructure for women hasn't yet caught up with our aspirations as women -- to be the best at work, to be the best at home, to change the world -- and it is because we live in this transitional era that Bolton's book is so important for women like me to read. Instead of chastizing ourselves for trying to take on so much, Bolton's study shows that questioning oneself and others is the very essence of being a successful woman. In addition to providing useful suggestions for professional women in the corporate workplace to be (and feel) more successful, Bolton also turns her attention to entrepreneurial women launching their own businesses, a move she says that is so much more than a job change, but that involves a more profound change in one's very identity. Finally, Bolton even offers several chapters of suggestions for "stay-at-home" moms, so that no matter what your life choices are, you can find out how to feel better about them by reading this book! Best of all in this book is the personal voice of the author. She writes as a researcher, academic and executive coach, but also as a woman and mother. As you read each chapter (even the ones that don't seem to relate to you directly), you often feel as though you are reading about yourself or someone you know. Take time to buy this book and then sit down and browse through it. This book won't change the world, but it will change how you look at the world, and how you feel about your place in it.

Today's women work not one but three shifts: the first from nine to five, the second at home, and the third in their minds as they review the decisions and actions of the day. While the first and second shifts may be physically exhausting, the third shift can be psychologically rending because many women use it to second-guess their motives, doubt their choices, and question their trade-offs. Michele Bolton shows women how to turn the third shift into a source of self-awareness and self-confidence instead. Drawing from a three-year study of women in Silicon Valley and her own experiences as a working mother, Bolton explores the three most important dilemmas all women face, whether they're corporate executives, entrepreneurs, or full-time moms. She then presents women with a practical plan for facing these dilemmas, making the hard choices, and embracing their decisions.

From Publishers Weekly "A first shift at work and a second shift at home can be physically tiring, but the third shift is psychologically relentless." According to Bolton, the "third shift" consists of the self-doubt and anxiety a woman can feel about the way she handles her conflicting obligations. By analyzing the experiences of more than 100 Silicon Valley women, Bolton, founder of the Center to Develop Women Entrepreneurs, aims to help women reclaim their serenity and find a healthy balance in their lives. She begins by summarizing three common conflicts: the "identity challenge," expressing oneself as one wants rather than as others expect; the "task challenge," fulfilling obligations while worrying over what other people think; and, finally, the "balance challenge," spending time on oneself while meeting the demands of others. Though Bolton's conclusions may be obvious, they are still intriguing: some stay-at-home mothers overschedule themselves and their children with activities, perhaps to counter the perception that homemakers have a lot of free time. Throughout the chapters, the author slots the women's comments into "self-doubt" and "self-awareness" categories; unfortunately, these summaries are too brief. On the other hand, the final chapter, "Defining Personal Achievement," is quite strong because it focuses on identifying and solving problems. Bolton offers some concrete advice, such as teaching children to work as a team to complete household tasks; more of these practical strategies would have made this volume more valuable. Still, it offers an engaging look at the work-family conflicts faced by many professional women today. (Aug.) Copyright 2000 Reed Business Information, Inc.

From Booklist "I should be around more so my daughter turns to me when she's upset." Sound familiar? It's all part of the female self-doubting head games played in the attempt to balance work and personal lifestyles. In a three-year study of 117 Silicon Valley women, ex-professor, now-consultant Bolton examines what she terms the "Hope Diamond" challenges of identity, task, and balance--and offers some answers. The third shift is not simply the tension between

both parts of life; many of her remedies have to do with eradicating the self-created glass ceiling. The solutions include getting rid of at least part of the load--and sharing it--and developing your own persona and investing in it. To be sure, all is easier said than done, but through real-life success stories and inner ruminations, Bolton offers some solace to the working wounded. Barbara Jacobs Copyright copy; American Library Association. All rights reserved

"Many women executives today struggle with the work/life balance. Michele Bolton's study and work assures us that those who take the time to listen to their inner selves often have greater effectiveness on both fronts." (Lisa Salamone, executive vice president, The Gap)

"This book does a wonderful job of offering practical, readable advice to women struggling to balance home and work. But I have a little secret to share. It is also a great book for men who want (and need!) to learn about 'third-shift' stress, and discover how they can become part of the solution." (David Sadker, professor, American University, and co-author, *Failing at Fairness: How Our Schools Cheat Girls*)