



Going Back To Work: A Survival Guide for Comeback Moms

Mary W. Quigley, Loretta E. Kaufman

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Essential information and strategies for recharging a career or starting a new one.

The most comprehensive resource for any woman thinking about taking the plunge back into the workforce.

Women who left their careers to raise children-whether just for the toddler years or until the nest is empty-face economic and emotional challenges when deciding to go back to work. *Going Back to Work* is a rich trove of data and ideas to ease what can be a tough transition. Quigley and Kaufman have zeroed in on strategies that succeeded for women who have gone back to work, and frame the key questions involved in making the decision. Inside this book, you'll learn how to:

- Explain that big gap on the resume
- Understand that there may be no "perfect moment" to go back and why
- Recharge an abandoned career or start anew
- Find work with flexibility
- Face family challenges when mommy's role changes
- Say no to a new boss
- Negotiate everything from salary to flextime

Based on a national survey of 1,000 women and dozens of personal interviews, *Going Back to Work* is the ultimate coping guide to gearing up your career.

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