



Everyone has an opinion, anecdote, or horror story about women and work. Now the acclaimed author of *What the Most Successful People Do Before Breakfast* shows how real working women with families are actually making the most of their time. “Having it all” has become the subject of countless books, articles, debates, and social media commentary, with passions running high in all directions. Many now believe this to be gospel truth: Any woman who wants to advance in a challenging career has to make huge sacrifices. She’s unlikely to have a happy marriage, quality time with her kids (assuming she can have kids at all), a social life, hobbies, or even a decent night’s sleep. But what if balancing work and family is actually not as hard as it’s made out to be? What if all those tragic anecdotes ignore the women who quietly but consistently do just fine with the juggle? Instead of relying on scattered stories, time management expert Laura Vanderkam set out to add hard data to the debate. She collected hour-by-hour time logs from 1,001 days in the lives of women who make at least \$100,000 a year. And she found some surprising patterns in how these women spend the 168 hours that every one of us has each week. Overall, these women worked less and slept more than they assumed they did before they started tracking their time. They went jogging or to the gym, played with their children, scheduled date nights with their significant others, and had lunches with friends. They made time for the things that gave them pleasure and meaning, fitting the pieces together like tiles in a

mosaic—without adhering to overly rigid schedules that would eliminate flexibility and spontaneity. Vanderkam shares specific strategies that her subjects use to make time for the things that really matter to them. For instance, they ... \* Work split shifts (such as seven hours at work, four off, then another two at night from home). This allows them to see their kids without falling behind professionally. \* Get creative about what counts as quality family time. Breakfasts together and morning story time count as much as daily family dinners, and they're often easier to manage. \* Take it easy on the housework. You can free up a lot of time by embracing the philosophy of "good enough" and getting help from other members of your household (or a cleaning service). \* Guard their leisure time. Full weekend getaways may be rare, but many satisfying hobbies can be done in small bursts of time. An hour of crafting feels better than an hour of reality TV. With examples from hundreds of real women, Vanderkam proves that you don't have to give up on the things you really want. I Know How She Does It will inspire you to build a life that works, one hour at a time.

Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph BLOG RADIO NEWS GOSSIP INTERVIEWS FASHION CELEBRITIES EVENT PHOTO NEWS HOT RELEASES HEALTH BEAUTY UPDATES Man docked for stealing baby beds Man confess how a commercial bus crushed my friend to death A Touching Story that will change your Life Womans Bra Saves her life from Bullet See Red wine Swimming pool in japan How to Cook Chinese Fried Rice How To Cook Efo Riro Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 MOST POPULAR Countries with the Most Beautiful Women in the World MARCH 25, 2015 1. Brazil Brazil, home to Cynthia Morgan put her hilarious look on the spot MARCH 2, 2015 The dance-hall queen is pictured Nadia Buari Confirms Birth Of Twins MARCH 6, 2015 32-year-old Ghanian actress Nadia Buari Celebrities with Fake Breast MARCH 12, 2015 Christina Aguilera Has lost NEWS Man docked for stealing baby beds Jan 18 2016 BLOG 10 0 Man docked for stealing baby beds One

Umotu Haruna, has been docked by a Lagos Magistrates court on the Island for breaking into a warehouse and stole 13 pieces of baby beds worth of N200,000. The 22-years old defendant who has no fixed address and occupation pleaded not guilty to a two-count charge of breaking, entry and theft when he appearedâ€¦

**BLOG18 JAN** Man confess how a commercial bus crushed my friend to death  
**Man confess how a commercial bus crushed my friend to death**

**BLOG21 AUG** A Touching Story that will change your Life  
**A Touching Story that will change your Life**

**BLOG21 AUG** Womanâ€™s Bra Saves her life from Bullet  
**Womans Bra Saves her life from Bullet**

**SPORT FOOD** How to Cook Chinese Fried Rice  
**How to Cook Chinese Fried Rice**

**Aug 21 2015** How To Cook Efo Riro  
**How To Cook Efo Riro**

**AUGUST 21, 2015** Italian Pizza  
**Italian Pizza**

**MARCH 2, 2015** How to cook Nigerian Banga Soup (Ofe Akwu)  
**How to cook Nigerian Banga Soup (Ofe Akwu)**

**MARCH 2, 2015** **BEAUTY** 10 Tips For Growing Long Natural Hair  
**10 Tips For Growing Long Natural Hair**

**36 0 0** How do I get my hair to grow? faster? longer? These are all common questions. Before we talk about any hair tips, its important for you to understand that your hair IS GROWING!!!â€¦

**Apr 11 2015** Top 10 beauty resolutions  
**Top 10 beauty resolutions**

**MARCH 2, 2015** How to keep wrinkles at bay  
**How to keep wrinkles at bay**

**MARCH 2, 2015** **EVENTS PHOTO** Yeepeng Sansai lantern festival, Chiang Mai, Thailand  
**Oct 25th, 2015** Yeepeng Sansai lantern festival, Chiang Mai, Thailand  
**Oct 25th, 2015**

**AUGUST 21, 2015** Singapore Grand Prix, Singapore, Singapore  
**Sep 20th, 2015** Singapore Grand Prix, Singapore, Singapore  
**Sep 20th, 2015**

**AUGUST 21, 2015** The Cascamurras Festival Granada, Spain  
**Sep 6th, 2015** â€œ Sep 9th, 2015  
**The Cascamurras Festival Granada, Spain**

**Sep 6th, 2015** **Sep 9th, 2015**

**AUGUST 21, 2015** **SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29**  
**SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29**

**MAY 19, 2015** **VIDEO** Sinach â€œ Nothing Is Impossible : Video  
**RADIO** Get the Flash Player to see this player. Shoutcast & Icecast Server 1:32  
**Windows Media Player**QuickTimeRealPlayerWinamp

**FASHION CELEBRITIES** Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities  
**22 Cars** Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities  
**22 Cars**

**Dele Momodu Prove cousinâ€™s child for Davido**  
**Dele Momodu Prove cousinâ€™s child for Davido**

**T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album**  
**T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album**

**Mike Adenuga clocks 62**  
**Mike Adenuga clocks 62**

**POPULAR RECENT COMMENT** Countries with the Most Beautiful Women in the World  
**Countries with the Most Beautiful Women in the World**

**Cynthia Morgan put her hilarious look on the spot**  
**Cynthia Morgan put her hilarious look on the spot**

**Nadia Buari Confirms Birth Of Twins**  
**Nadia Buari Confirms Birth Of Twins**

**Celebrities with Fake Breast**  
**Celebrities with Fake Breast**

**SEE How Nigerian Sex Workers survive In Italy**  
**SEE How Nigerian Sex Workers survive In Italy**

**Pictures** **SEE How Nigerian Sex Workers survive In Italy** **Pictures**

**Man docked for stealing baby beds**  
**Man docked for stealing baby beds**

**Man confess how a commercial bus crushed my friend to death**  
**Man confess how a commercial bus crushed my friend to death**

**A Touching Story that will change your Life**  
**A Touching Story that will change your Life**

**Womanâ€™s Bra Saves her life from Bullet**  
**Womans Bra Saves her life from Bullet**

**See Red wine Swimming pool in japan**  
**See Red wine Swimming pool in japan**

**Kidnapers on Rampage**  
**Kidnapers on Rampage**

**INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram**  
**INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram**

**RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHIâ€™S DEPUTY DECAMPS TO PDP**  
**RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHIâ€™S DEPUTY DECAMPS TO PDP**

**Indonesia To Execute Four Nigerians On Wednesday**  
**Indonesia To Execute Four Nigerians On Wednesday**

**World Bank charge Buhari to probe NNPC, others**  
**World Bank charge Buhari to probe NNPC, others**

**Blog radio is a one stop hub for Breaking News, Celebrity Gossip, Entertainment, Fashion, Sport and Online Radio**  
**For adverts, Sponsorship and more information please call:08022881490**

**TAGS**

BeautyBlogBusinessentertainmentEventEventsFashionFoodGossipHealthMusicNewsPoliticsSportvideoyoutube Enter your email #NowPlaying @AboderinOdunayo - Not Ashamed Ft @tosinbee #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 10 mins ago #NowPlaying @Tayoecless Ft. @kennykore - O'Tobi #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 18 mins ago #NowPlaying Joepraize ft Frank Edwards & Nikki Laoye - Strong Together #follow -30 mins ago Facebook Copyright 2015 - Myblog Radio. All Rights Reserved. BlogAbout StatCounter - Free Web Tracker and Counter

How Successful Women Make the Most of Their Time Ellevate My review of I Know How She Does It: How Successful Women Make the Most of Their Time by Laura Vanderkam, a book that questions our assumptions about I Know How She Does It: How Successful Women Make the Most of Jun 10, 2015 For her new book, I Know How She Does It: How Successful Women Make the Most of Their Time, Vanderkam asked hundreds of women who I Know How She Does It: How Successful Women Make the Most of Aug 9, 2016 Laura Vanderkam, author of books about time management, I Know How She Does It: How Successful Women Make the Most of Their Time.I Know How She Does It: How Successful Women Make the Most of I Know How She Does it: How Successful Women Make the Most of Their Time: Laura Vanderkam: 9780241199510: Books - I Know How She Does It: How Successful Women Make the Most of : I Know How She Does It: How Successful Women Make the Most of Their Time (Audible Audio Edition): Laura Vanderkam, Penguin AudioBooks: I Know How She Does It Quotes by Laura Vanderkam - Goodreads I Know How She Does It: How Successful Women Make the Most of Their Time: Laura Vanderkam: 9780143109723: Books - .How successful women make the most of their time - Chicago Tribune Jun 9, 2015 I Know How She Does It: How Successful Women Make The Most . I wanted to look at their time logs and see the curious places the data led.I Know How She Does It: How Successful Women Make the Most of In Laura Vanderkams new book, I Know How She Does It: How Successful Women Make the Most of Their Time , she makes it clear that I asked the obvious, but I Know How She Does It: How Successful Women Make the Most of Jul 1, 2015 I KNOW HOW SHE DOES IT: How Successful Women Make the Most of Their Time by Laura Vanderkam (Portfolio/Penguin) \$27.95, 304 pp.I Know How She Does It: How Successful Women Make the Most of Editorial Reviews. Review. Im a longtime fan of Laura Vanderkams insightful I Know How She Does It: How Successful Women Make the Most of Their Time - Kindle edition by Laura Vanderkam. Download it once and read it on your