

In her attempts to juggle work and family life, Brigid Schulte has baked cakes until 2 a.m., frantically (but surreptitiously) sent important emails during school trips and then worked long into the night after her children were in bed. Realising she had become someone who constantly burst in late, trailing shoes and schoolbooks and biscuit crumbs, she began to question, like so many of us, whether it is possible to be anything you want to be, have a family and still have time to breathe. So when Schulte met an eminent sociologist who studies time and he told her she enjoyed thirty hours of leisure each week, she thought her head was going to pop off. What followed was a trip down the rabbit hole of busy-ness, a journey to discover why so many of us find it near-impossible to press the pause button on life and what got us here in the first place. Overwhelmed maps the individual, historical, biological and societal stresses that have ripped working mothers and fathers leisure to shreds, and asks how it might be possible for us to put the pieces back together. Seeking insights, answers and inspiration, Schulte explores everything from the wiring of the brain and why workplaces are becoming increasingly demanding, to worldwide differences in family policy, how cultural norms shape our experiences at work, our unequal division of labour at home and why its so hard for everyone – but women especially – to feel they deserve an elusive moment of peace.

The Fasting Edge: Recover Your Passion. Recapture Your Dream. Restore Your Joy, Otherwise Engaged, A defence of the argument for the truth of Christianity from miracles or, a reply to a book intituled, A letter to the author of the Discourse of the ... religion, In two letters to the said author, The illustrious and renowned history of the seven famous champions of Christendom. In three parts. ... The tenth edition., Produce.: The Art of Creating Digital Content Using Professional Production Techniques, With Love: A Compilation of Romantic Verse and Paper Flowers, Beagle Tales 3, The Romance Of The Forest: Interspersed With Some Pieces Of Poetry, Volume 2..., The Believer: A Novel, The Famous Heroine/The Plumed Bonnet (Dark Angel),

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