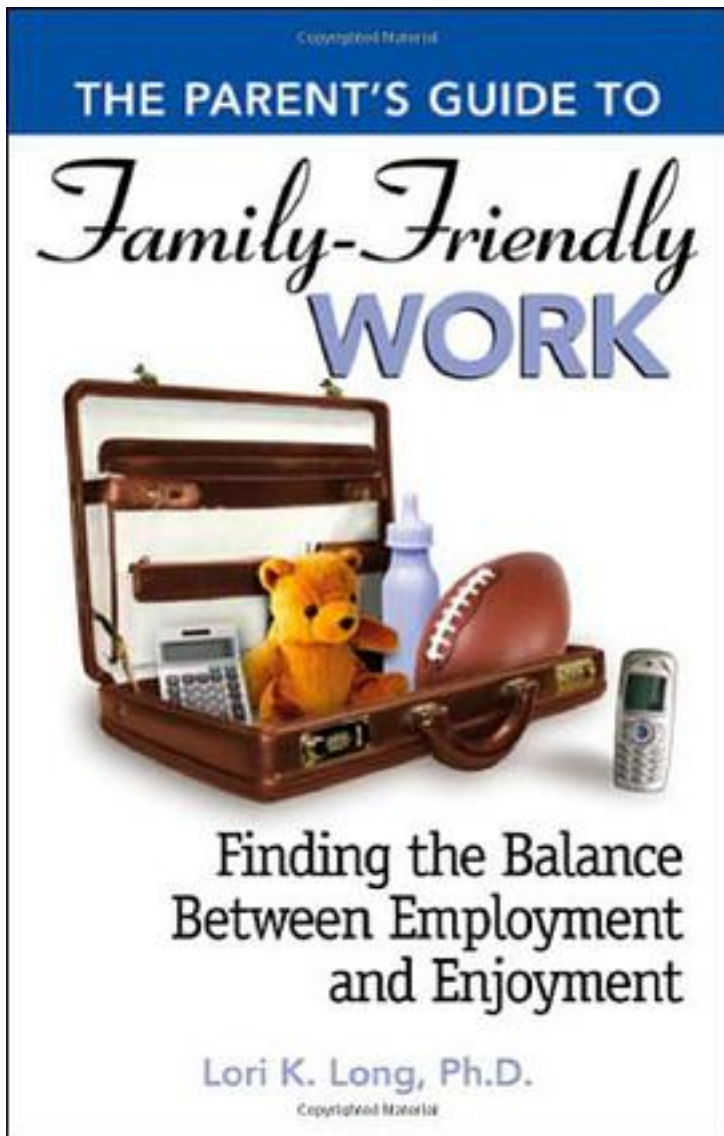


# The Parent's Guide to Family-friendly Work



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Work and family are often opposing forces that cause stress and conflict for parents. The demands of work spill over into family life, while personal responsibilities create hurdles in succeeding at your job. However, you can solve this problem--and this book can help. The Parent's Guide to Family-Friendly Work is a career guide to assist you in finding a job that allows a balance between work and family. The book will help you overcome the barriers you might face in your job search, understand flexible work options and supportive benefits, and learn strategies to search for and negotiate an arrangement that works for you and your family. Written by a human resource management professional, this book provides advice with a clear understanding of the limitations and legal concerns of most employers. If you decide to forgo traditional employment, you'll find here lots of creative ideas on work you can do on your own.

作者介绍:

目录:

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