



The Stay-at-Home Survival Guide: Field-Tested Strategies for Staying Smart, Sane, and Connected When You're Raising Kids at Home

Melissa Stanton

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Melissa Stanton's *The Stay-at-Home Survival Guide* is an all-encompassing, truth-telling how-to book that addresses the many practical and psychological issues facing stay-at-home moms today.

How do you create time for yourself? Is there really time to do it all (feed the kids, keep them busy, clean the house, balance the checkbook, and take a shower)? How do you deal with the absence of the "professional you"?

An invaluable resource for mothers, *The Stay-at-Home Survival Guide* includes interviews with stay-at-home moms, discussions with experts (family therapists, educators, medical specialists, career counselors), checklists to help you make the most of your time and keep you balanced, and Melissa Stanton's own experiences leaving a career as an editor for People magazine to become a stay-at-home mom herself.

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