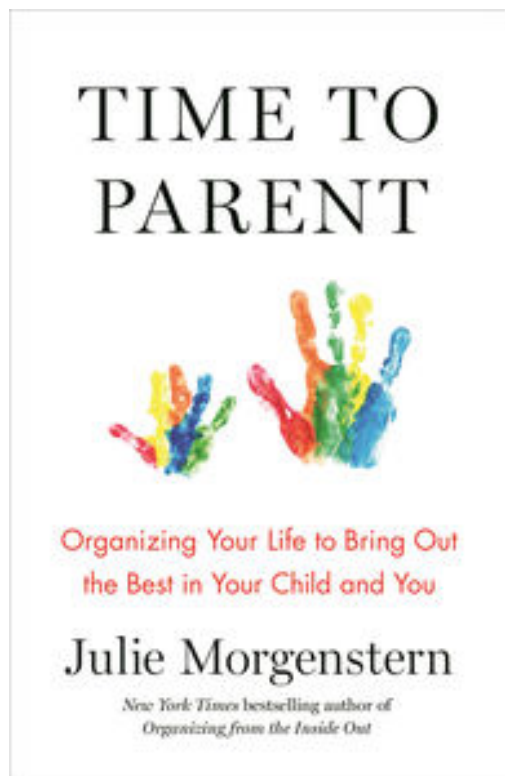


# Time To Parent Read EBooks PDF English

## Julie Morgenstern



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Would you ever take a job without a job description, let alone one that requires a lifetime contract? Parents do this every day, and yet there is no instruction manual that offers achievable methods for containing and organizing the seemingly endless job of parenting. Finding a healthy balance between raising a human and *being* a human often feels impossible, but Julie Morgenstern shows you how to harness your own strengths and weaknesses to make the job your own. This revolutionary roadmap includes:

**A unique framework with eight quadrants** that separates parenting responsibilities into actionable, manageable tasks—for the whole bumpy ride from cradle to college.

**Simple strategies to stay truly present and focused**, whether you're playing with your kids, enjoying a meal with your significant other, or getting ahead on that big proposal for work.

**Clever tips to make the most of in-between time**—Just 5-15 minutes of your undivided attention has a huge impact on kids.

**Permission to take personal time** *without* feeling guilty, and the science and case studies that show how important self-care is and how to make time for it.

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