



Professor Mommy: Finding Work-Family Balance in Academia

Rachel Connelly, Kristen Ghodsee

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Professor Mommy is designed as a guide for women who want to combine the life of the mind with the joys of motherhood. The book provides practical suggestions from the authors' experiences together with those of other women who have successfully combined parenting with professorships. Professor Mommy addresses key questions—when to have children and how many, what kinds of academic institutions are the most family friendly, how to negotiate around the myths that many people hold about academic life, etc.—for women throughout all stages of their academic careers, from graduate school through full professor. The authors follow the demands of motherhood all the way from the infant stages through the empty nest. At each stage, the authors offer invaluable advice and tested strategies from women who have successfully juggled the demands and rewards of an academic career and motherhood.

Written in clear, jargon-free prose, the book is accessible to women in all disciplines, with concise chapters for the time-constrained academic. The book's conversational tone is supplemented with a review of the most current scholarship on work/family balance and a survey of emerging family-friendly practices at U.S. colleges and universities. Professor Mommy asserts that the faculty mother has become and will remain a permanent fixture on the landscape of the American academy. The paperback edition features a new Preface that addresses the public conversation about mothers and work raised in Sheryl Sandberg's *Lean In* and Ann Marie Slaughter's *Why Women Still Can't Have it All*. The new Preface also answers frequently asked questions from readers.

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