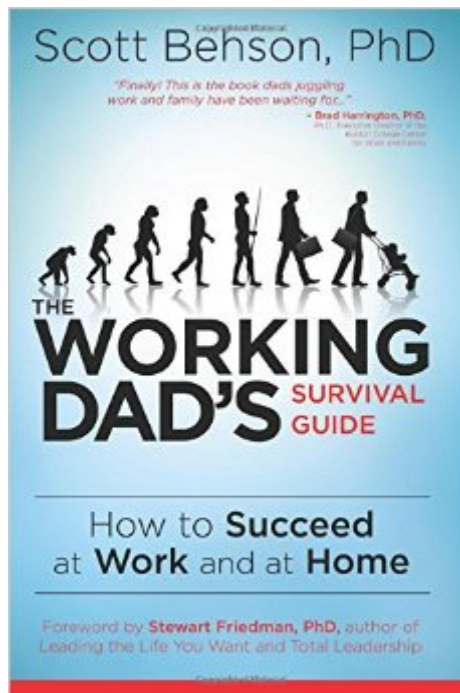


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# The Working Dad's Survival Guide: How To Succeed At Work And At Home



## Synopsis

Most fathers today strive both to be successful in their careers and to be a loving, involved dad. It sometimes seems like an impossible tug-of-war. But it doesn't have to be. The Working Dad's Survival Guide helps dads understand they are not alone, and offers a series of concrete time and life management strategies that enable them to succeed in their careers while also being the present, involved fathers they always wanted to be. Through personal stories and interviews with dozens of working dads, as well as actionable advice and useful self-assessment exercises, Scott Behson will help you feel more confident in succeeding in both parts of your life. Specifically, The Working Dad's Survival Guide will help dads:

- Understand that most dads face the same struggles they do. Articulate their career and family priorities through reflection and self-assessment exercises and by reading about other dads' experiences.
- Assess their current workplace's and employer's attitudes towards work and family. This can lead to a better understanding of ways dads can pursue work-family balance and what barriers may be in their way.
- Maintain and enhance their work productivity through better prioritization, planning and focus, as well as more efficient time management.
- Understand how to create, negotiate for, and utilize workplace flexibility.
- Understand their rights regarding paternity leave.
- Protect family time from the creeping demands of work.
- Improve their focus on the most important aspects of parenting, and gain a better understanding of how wives, families and children benefit from present, involved fathers.
- Carve out "me time" - exercise and social activities - needed to de-stress, renew energy and maintain mental health.
- Build a support network of other working dads so that they can give and receive friendship, emotional support and tangible help.

A portion of the book's proceeds is donated to A Better Balance, an advocacy organization promoting family-supportive workplace and social policy. This book also features a foreword from Dr. Stewart Friedman, a bestselling author of "Total Leadership" and "Leading the Life You Want."

## Book Information

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## Customer Reviews

Scott Behson appearance on MSNBC blew me away so I was excited to open the pages of tis book he has written on fatherhood being a bi-partisan deal. This is book is both informative and instructional. As a wife and mother I am excited to give to gift this book to my husband. A small token of my respect and admiration for all that he does for our family. As working professionals, we've at times struggled balancing life and work. This book is a game changer! The Working Dad's Survival Guide is a much needed manuscript for any family. Finally father's are getting the respect they deserve in the home. Studies show a father who is engaged in raising their children in the day to day have a long lasting affect on their kids' psyche and long-term success. Scott Behson sidesteps excuses by giving readers practical advice on how to balance a a work/family life balance. Behson is a pioneer in the field and I applaud his march forward!

Scott captures my dilemma clearly when he writes "As fathers, our two most important roles are being a successful financial provider and being an active, loving dad." Are these complimentary or contradictory? I always thought they were contradictory. Now I know better. This book is like being in a conversation with a wise old friend. From advice on finance to the realities of priorities and trade-offs; From making the workplace work for you, to optimizing family life... Scott had me hooked and wanting to read more. If you take the exercises seriously, you will get even more from the book. I did.

Working Dads Survival Guide combines success stories of real working dads with practical advice that finally gives new and expecting fathers a resource to navigating tough conversations with our parenting partners and our employers. Look forward to recommending to every working dad I meet.

Finally! Scott Behson has given us a book about working parents written by an academic with relevant research included, that isn't completely dry. If you watched last year's Super Bowl or you're paying attention to recent trends, dads are hot right now. While women are leaning in at work, dads

are finding their way back to the homefront. The only problem is, for the first time, men are trying to figure out a way to balance our prioritization of being more hands on fathers with remaining successful at work. It's no easy task and there are pitfalls around every corner. That's why Behson's book is so important -- it incorporates stories about real fathers with real problems and guides us through how to cope. This book is every bit as intriguing as it is smart, and it has arrived just as men come to the crossroads of finding the right blend of work and life.

Back in the 1980's I was a single dad, raising two daughters and keeping a job, the house and all that goes with it. At that time we did not even have changing tables in men's bathrooms let alone a book like this. For all dads, single or not, this is an important tool that will make the best job in the world (being a dad) even better.

Every Dad works...even those who work from home and run our own businesses. I found this book supportive, helpful and a great reminder that I'm just like a lot of other Dad's and so I am in good company. Great tips abound and I will be recommending this book to other Dad's or even Mom's to give as a Father's Day gift.

So much attention is paid to working moms and women's issues that we have neglected the importance of dads. Scott shares useful research and allows men to consider work/life balance issues in their own lives. Father's day is coming up! This would be a great gift.

This is an excellent book. It's clear that Dr. Behson has done the research and understands this topic at the highest of academic levels, yet in the book he presents the material in a supportive way that anyone could understand. He doesn't lecture, he helps the reader understand, and then use the newfound understanding to improve their situation. We all want to be the best dads we can be, and Dr. Behson wants that for us too.

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