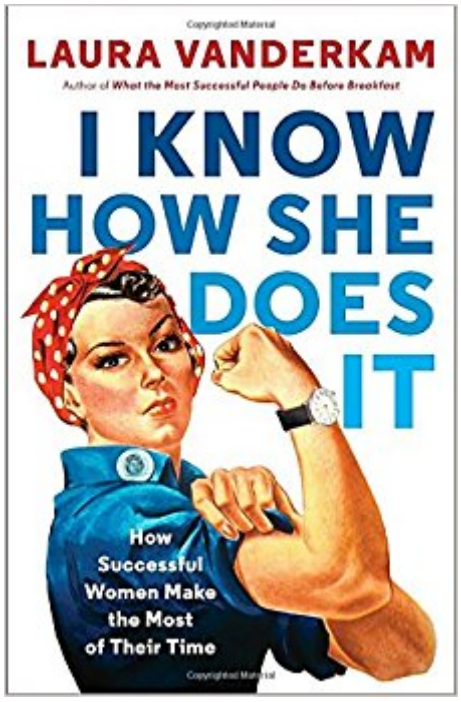
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I Know How She Does It: How Successful Women Make The Most Of Their Time



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Synopsis

Everyone has an opinion, anecdote, or horror story about women and work. Now the acclaimed author of What the Most Successful People Do Before Breakfast shows how real working women with families are actually making the most of their time. Ã¢â ¬Å“Having it allÃ¢â ¬Â• has become the subject of countless books, articles, debates, and social media commentary, with passions running high in all directions. Many now believe this to be gospel truth: Any woman who wants to advance in a challenging career has to make huge sacrifices. SheÃ¢â ¬â„¢s unlikely to have a happy marriage, quality time with her kids (assuming she can have kids at all), a social life, hobbies, or evenÃ Â a decent nightÃ¢â ¬â„¢s sleep. But what if balancing work and family is actually not as hard as itÃ¢â ¬â„¢s made out to be? What if all those tragic anecdotes ignore the women who quietly but consistently do just fine with the juggle? Instead of relying on scattered stories, time management expert Laura Vanderkam set out to add hard data to the debate. She collected hour-by-hour time logs from 1,001 days in the lives of women who make at least $100,000 a year. And she found some surprising patterns in how these women spend the 168 hours that every one of us has each week. Overall, these women worked less and slept more than they assumed they did before they started tracking their time. They went jogging or to the gym, played with their children, scheduled date nights with their significant others, and had lunchesÃ Â with friends. They made time for the things that gave them pleasure and meaning, fitting the pieces togetherÃ Â like tiles in a mosaicÃ¢â ¬â •without adhering to overlyÃ Â rigid schedules that would eliminate flexibilityÃ Â and spontaneity.Vanderkam shares specific strategies that her subjects use to make time for the things that really matter to them. For instance, they . . . * Work split shifts (such as seven hours at work, four off, then another two at night from home). This allows them to see their kids without falling behindÃ Â professionally. * Get creative about what counts as quality family time. Breakfasts together and morning story time count as much as daily family dinners, and theyÃ¢â ¬â„¢re often easier to manage. * Take it easy on the housework. You can free up a lot of time by embracing the philosophy of Ã¢â ¬Å“good enoughÃ¢â ¬Â• and getting help from other members of your householdÃ Â (or a cleaning service). * Guard their leisure time. Full weekend getaways may be rare, but many satisfying hobbies can be done in small bursts of time. An hour of crafting feels better than an hour of reality TV.With examples from hundreds of real women, VanderkamÃ Â proves that you donÃ¢â ¬â„¢t have to give up on the things you really want. I Know How She Does It will inspire you to build a life that works, one hour at a time.

Book Information

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Customer Reviews

Ã¢â ¬Å“As an entrepreneur and mother, IÃ¢â ¬â„¢m invested in honing time management strategies that enrich my life instead of taking any enjoyment or flexibility out of itÃ¢â ¬â •and Laura Vanderkam understands that. In her new book, she shares how busy people build full, productive careers and happy homes as well. YouÃ¢â ¬â„¢ll find lot of tools that can help you make time for everything thatÃ¢â ¬â„¢s important and cut out whatÃ¢â ¬â„¢s not.Ã¢â ¬Â•Ã¢â ¬â • Angela Jia Kim, founder of Om Aroma & Co. and SavorÃ¢â ¬Å“IÃ¢â ¬â„¢m a longtime fan of Laura VanderkamÃ¢â ¬â„¢s insightful workÃ¢â ¬â •her recommendations for getting the most out of every day are often counterintuitive but always realistic and manageable. In her new book, she reveals the time management strategies that highly successful mothers use to build lives that work. Thanks to her findings, IÃ¢â ¬â„¢ll never look at my weekly calendar the sameÃ Â way again.Ã¢â ¬Â• Ã¢â ¬â •GRETCHEN RUBIN, author of Better Than Before and The Happiness ProjectÃ¢â ¬Å“For many years IÃ¢â ¬â„¢ve wanted to see reflected in our collective conversation what I know to be true in womenÃ¢â ¬â„¢s lives: that many of us are happily combining work and motherhood, and loving both. Laura Vanderkam has written the book thatÃ¢â ¬â„¢s been sorely missing, and she does so with an impassioned, eloquent voice, important new research, and the warmth of a dear friend.Ã¢â ¬Â• Ã¢â ¬â •TARA MOHR, author of Playing BigÃ¢â ¬Å“An empowering guide for professionals who want to figure out how to become superstars in their fields while building satisfying lives.Ã¢â ¬Â• Ã¢â ¬â •DORIE CLARK, author of Reinventing YouÃ Â and Stand OutÃ¢â ¬Å“This book could have been titled How to Be a Superhero, because thatÃ¢â ¬â„¢s how it makes you feel and act after reading it. VanderkamÃ¢â ¬â„¢s curiosity for

high performance and what makes it possible is infectious. Packed with research from real lives and tips for real change, this book is sure to help women around the world discover their own path to success.Ã¢â ¬Â• Ã¢â ¬â •JON ACUFF, author of Do OverÃ¢â ¬Å“In this engrossing and eternally helpful book, Laura Vanderkam shares valuable insights from women who have mastered their most vital resource: time. I Know How She Does It stands apart thanks to VanderkamÃ¢â ¬â„¢s nuanced understanding of what it takes to become an efficient-yet-balanced individual.Ã¢â ¬Â• Ã¢â ¬â •TIM SANDERS, author of Love Is the Killer App Ã¢â ¬Å“As a busy CEO, I was inspired by the hundreds of people Vanderkam studied who found ample time for career, family, and self in the same 168 hours available to everyone, each week. If my entire team read this book, we would all benefit.Ã¢â ¬Â• Ã¢â ¬â •RICHARD SHERIDAN, CEO and chief storyteller,Ã Â Menlo Innovations, and author of Joy, Inc.

LAURA VANDERKAMÃ Â is the bestselling author of What the Most Successful People Do Before Breakfast, All the Money in the World, 168 Hours, and Grindhopping. She is a frequent contributor to Fast CompanyÃ¢â ¬â„¢s website andÃ Â a member of USA TodayÃ¢â ¬â„¢s board of contributors. Her work has also appeared in The Wall Street Journal, The New York Times, Fortune, and other publications. She lives with her husband and their four childrenÃ Â outside Philadelphia.

As a young guy and a recent college graduate I can say: I wish I had known this stuff about time management before I graduated college. And I definitely want to learn it before I go back for grad school.

I love all Laura Vanderkam’s books, this one is no different. It is simply a great look / analysis at "how she does it". As a single mum for two primary aged children this really changed my mind set, I spend enough time on my kids and YES I can have a career as well.

I have read several of Laura’s books. This again was one I enjoyed and helped me understand nothing is perfect.

great book

Time Management Wizard Laura Vanderkam’s newest book details suggestions and actual case studies supporting the notion that we can’t ’have it all’, but we sure can have ’more’. And her

findings have had a profound effect on the way I do business and live my life. I DO have more time than I think, I CAN manage to work, take care of family and friends and myself gracefully. The bonus: a sense of calm after filling out my time log. This has become an ongoing self-management tool for me. I highly recommend I Know How She Does it AND experimenting with a time log for a week.

Insightful and perspective changing

This book was a perfect mix of mindset changes and perfect actionable advice...but I loved that it was so much more than "Do X,Y,Z." Instead, it really made me think about the common refrain of how much we're all working, and where there's room to actually work more (and therefore enjoy our careers more) and enjoy more true leisure. I was especially struck by the fact that women in highly successful careers don't work all that many more hours at the margin--but the common story is that they do, and that keeps many people from going into those fields.I talked about this book so much that I've since gifted two more friends copies. This is smart stuff that's not following the same old same old, which makes it great for conversations. Well worth the read.

I started this book with the thought that, "Of course, if I had a six-figure income I could make it work too!" If you walked away from the book with the impression that it was just about fitting everything into a schedule without an emphasis on quality time, you missed the point and need to read it again (I'm going to read it again anyways because I loved it so much). I'm not a six-figure earning business woman, but I found many parallels to the work lives of these mothers and I've learned things that will help me to balance it all a little better. I've been a working mom, a stay at home mom, a going to school mom, a single mom, and any other combo of mom you can think of. It's all hard. I don't envy the 40+ work week mom in this culture. I can identify with wanting to build my career and working in a field that often requires a lot of face-time to do so. Vanderkam does emphasize working hours in some places and some of the solutions are just not reasonable if you're making 40k a year (there is no way I can hire one nanny, let alone two so that I can have a social life). However, I'm not going to criticize the book for not exactly fitting my life and situation for every example she gave. There are good lessons to learn about where I spend my time and how I fit in all the things I want to fit in with an emphasis on creating a fulfilling life that works for me. I think the biggest lesson I learned was that I need to be intentional with my time and really pay attention to when I do things and pay attention to where I'm doing a good job already. For example, I can't complain I have no

personal time when I decide to do activities like the dishes when the kids are napping (an activity I could easily do when they're awake). I had to read some research articles for work this week, so I took myself to get a pedicure and finished all my reading while getting pampered. So, read this book if you're open to looking for a way to recognize time opportunities that you might be missing.

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