



# THE ART OF THE JUGGLING ACT

BITE-SIZE GUIDE FOR WORKING PARENTS

BY SARAH ARMSTRONG

Sarah Armstrong takes on the art of the juggling act in her trademark “bite-size pieces,” meant for working parents who are trying to figure out how to manage career and family on a day-to-day basis. Written in a conversational tone, Armstrong shares insights into “organizing the logistics of life” and provides practical guidance based on her experience raising her daughter.

## About the Author

Sarah Armstrong has spent more than 25 years in global marketing and is now v-p of global marketing operations at Google. She is widely acknowledged as an industry leader in her area of expertise. She is the author of *The Mom’s Guide to a Good Divorce*, appearing on more than 75 podcasts and other media. She lives in San Francisco.

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## 140 topics include:

- Setting & Protecting Your Boundaries
- Logistics of Life
- Building Your Support Network
- The Power of Routines
- Squeezing in a Workout
- The Energy Boost from Giving Back
- The Gift and Challenge of Business Travel
- Career Reflections
- The Luxury of Having Time to Read



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