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***The Art of the Juggling Act* Offers Working Parents a Strategy**

*New Book Gives Tips and Advice in “Bite-Size Pieces”*

New York, NY—If ever there was a need for a guide to the art of the work-family juggling act, it’s now. As of 2023, more than 32 million families in the U.S. have children under the age of 18, and in 67% of these families, both parents are employed. Among women, 82% with children aged 6 – 17 work full-time outside the home, as do 77% of those with children under the age of six.

Enter Sarah Armstrong, v-p of global marketing operations at Google and author of *The Art of the Juggling Act: Bite-Sized Guide for Working Parents* (Life Journey Experiences, August 2024). Armstrong provides insights into “organizing the logistics of life,” and she dispenses her own tried-and-true wisdom. Throughout the book, working parents will find invaluable advice across 140 topics to ease the stress from juggling the demands of work and home.

“I felt compelled to write this book partly because of the fulfillment it gives me to pay it forward, and I wanted to share my experience with other working parents who are trying to manage the juggling act on a day-to-day basis,” says Armstrong from her home in San Francisco.

Over the years, as friends and younger colleagues asked her for guidance on being a working parent, Armstrong began keeping notes, sensing that one day she would want to impart to other moms—and dads— what she had learned in figuring out how to juggle family life and work.

Stories and anecdotes culled from Armstrong’s life as Grace’s mom pepper the sections, which are divided according to big issues such as “Setting and Protecting Your Boundaries,” “Building Your Support Network,” “The Power of Routines,” “The Energy Boost from Giving Back,” “The Staying Power of Family Memories” and “Prioritizing Self-Care to Stay Healthy.”

Armstrong delivers an array of helpful advice, not least of all a detailed section on sourcing, interviewing and hiring a nanny. A list of 36 interview questions is included in the appendix, along with a printable “Nanny Interview Summary” and “Nanny Overview,” which notes responsibilities for caring for a toddler. Sarah also introduces her list of Birthday Questions that she asked Grace every year on her birthday from ages three to 18. It’s the perfect prompt list for any parent who wants to make unique family keepsakes.

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Recognizing that not all families are structured the same way, Armstrong, who is also the author of *The Mom’s Guide to a Good Divorce: What to Think Through When Children Are Involved*, acknowledges the needs of single parents, issues involving co-parenting and the importance of friends and community.

Armstrong’s commitment to volunteering—at school and at nonprofits—as well as to exposing Grace to different perspectives through travel, will give readers pause for thought in how she goes about scheduling what she believes is important in life. For instance, Armstrong is practical in determining how and when to say no to the onslaught of requests for volunteer activities, and she maintains the same rigor with protecting her boundaries to ensure quality time with her family.

Guidance is provided in bite-size pieces, available to readers when they need them and not necessarily meant to be read consecutively. Armstrong also builds in “Take a Moment to Reflect” pages, encouraging readers to consider their own thoughts, feelings and ideas.

Armstrong offers a refreshing take on designing one’s own life, a concept she introduces early on in the book and returns to at the end, in a section on career reflections, with “You Are Your Own CEO.” Armstrong does not dismiss the notion of “having it all,” a catchphrase that for many women induces a shudder. Rather, she encourages readers to own the idea, define what “having it all” means for readers individually, and then go for it.

The book is streaked with optimism and the belief that organization, routine and the understanding of one’s own and family’s needs will lead to success in finessing the art of the juggling act.

*The Art of the Juggling Act* is distributed by Ingram and available for purchase in paperback (ISBN 978-0-9975613-2-6) and e-book (ISBN 978-0-9975613-3-3) through Amazon, Barnes & Noble, Apple Books, Bookshop and others. Wholesale and general inquiries, email [info@thejugglingact.com](mailto:info@thejugglingact.com). For book clubs and others interested in a bulk order, please inquire at [read@thejugglingact.com](mailto:read@thejugglingact.com).

*The Art of the Juggling Act: Bite-Sized Guide for Working Parents* by Sarah Armstrong

Life Journey Experiences

Publication date: August 1, 2024

Price: $23.99 paperback, $12.99 e-book \* 264 pages

ISBNs:

978-0-9975613-2-6 (paperback)

978-0-9975613-3-3 (e-book)

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Bureau of Labor Statistics, “[Employment Characteristics Of Families—2023](https://www.bls.gov/news.release/pdf/famee.pdf),” April 24, 2024

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