



Work. Pump. Repeat.: The New Mom's Survival Guide to Breastfeeding and Going Back to Work

Jessica Shortall

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The practical, relatable, and humorous guide to surviving the difficult, awkward, and rewarding job of being a breastfeeding, working mom.

Meet the frenemy of every working, breastfeeding mother: the breast pump. Many women are beyond “breast is best” and on to figuring out how to make milk while returning to demanding jobs. *Work. Pump. Repeat.* is the first book to give women what they need to know beyond the noise of the “Mommy Wars” and judgment on breastfeeding choices. Jessica Shortall shares the nitty-gritty basics of surviving the working world as a breastfeeding mom, offering a road map for negotiating the pumping schedule with colleagues, navigating business travel, and problem-solving when forced to pump in less-than-desirable locales. Drawing on the war stories, hacks, and humor of working moms, and on her own stories from her demanding job and travel in developing countries, she gives women moral support for dealing with the stress and guilt that come with juggling working and breastfeeding. As she tells the reader in her witty, inspiring manifesto, “Your worth as a mother is not measured in ounces.”

2015 Axiom Business Book Award Winner (Silver) in the category of Women/Minorities

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Valerie Little:

Playing with family in a very park, coming to see the water world or hanging out with buddies is thing that usually you may have done when you have spare time, then why you don't try point that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Work. Pump. Repeat.: The New Mom's Survival Guide to Breastfeeding and Going Back to Work, you are able to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

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