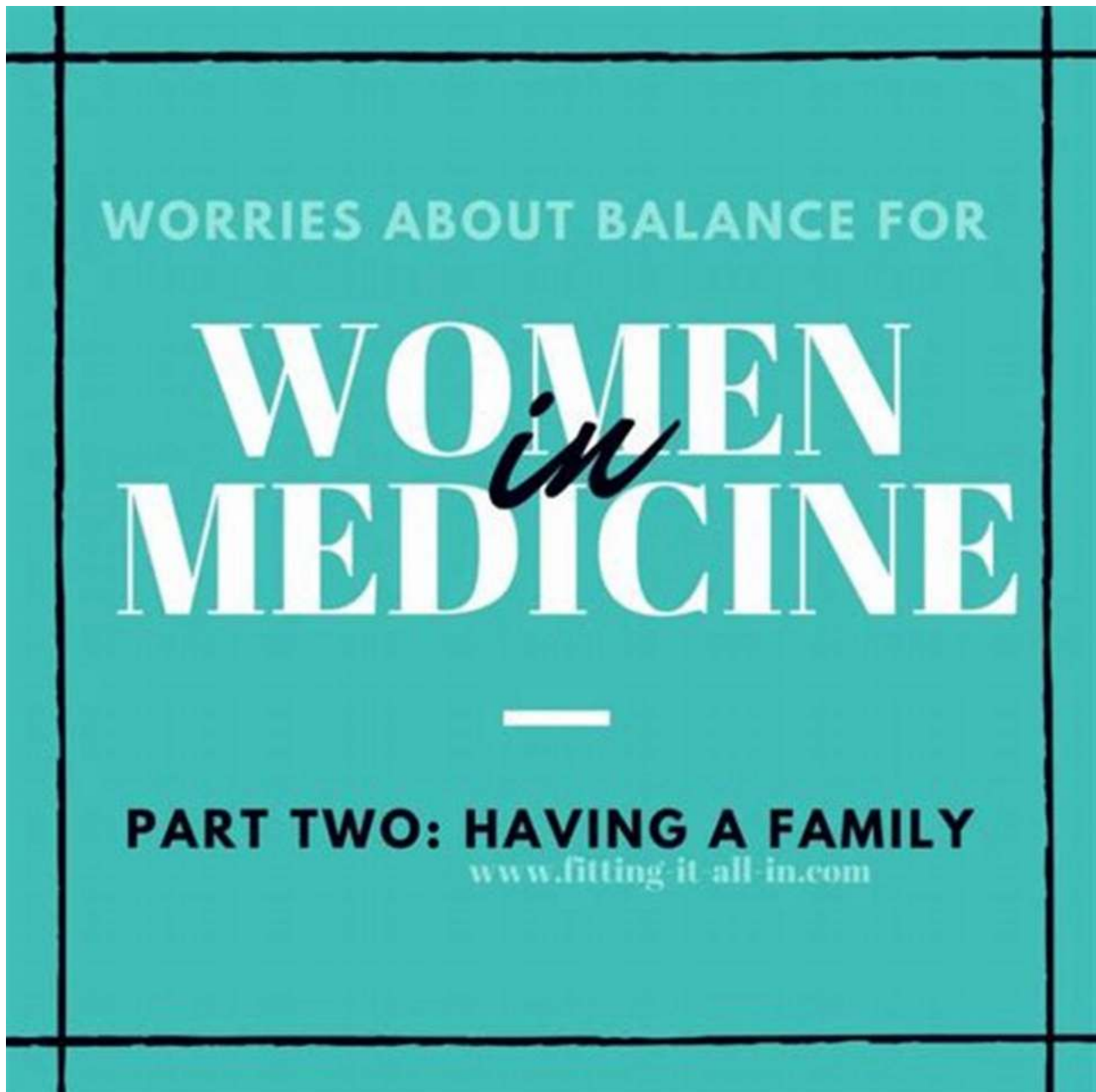


Why Trying to Have It All Could Be Sabotaging Your Happiness and Success



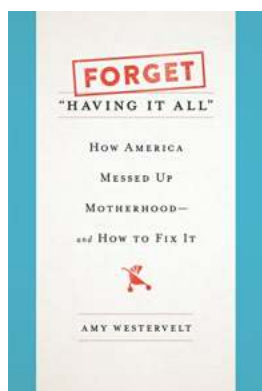
The Myth of Having It All

It's a common belief in our society that we can "have it all" - a successful career, a fulfilling family life, and a perfect work-life balance. However, the reality is often

much different. Striving for this ideal can lead to unnecessary stress, guilt, and disappointment. In this article, we're going to explore why it may be time to forget about having it all and embrace a more realistic approach to finding happiness and success.

The Balancing Act: Challenges and Sacrifices

Trying to balance a demanding career and a family requires immense effort and sacrifices. It often feels like a never-ending juggle, with both sides pulling us in different directions. Sacrificing time with our loved ones for professional obligations or putting our career on hold to prioritize family can create a constant sense of guilt, as if we're never doing enough in either role.



Forget "Having It All": How America Messed Up Motherhood--and How to Fix It

by Amy Westervelt (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 1587 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 313 pages



Moreover, finding the perfect work-life balance is an elusive goal. It suggests that there is an ideal equilibrium between work and family, when, in reality, it may vary from day to day or even week to week. Trying to achieve a fixed balance can leave us feeling inadequate and frustrated.

The Pursuit of Perfection

Often, the desire to have it all comes from societal pressure and unrealistic expectations we place on ourselves. We are bombarded with images of "superwomen" who seem to effortlessly manage a successful career, a loving family, and a flawless appearance. However, it's important to remember that these images are carefully curated and don't reflect the messy reality of everyday life.

Striving for perfection in all areas of life can be detrimental to our mental health and overall well-being. It's essential to set realistic goals and prioritize what truly matters to us. It's okay to let certain things take a backseat while we focus on what brings us genuine joy and fulfillment.

Reframing Our Perspective

Instead of chasing the elusive notion of having it all, we can reframe our perspective and find a more genuine sense of balance and happiness. Here are a few strategies to consider:

1. Prioritize and Delegate

Identify what truly matters to you and prioritize accordingly. Delegate tasks that can be handled by others, whether it's at work or within the family. Remember, you don't have to do everything yourself.

2. Embrace Imperfections

Accept that not everything will be perfect, and that's okay. Embrace the messiness of life and focus on progress rather than perfection. Give yourself permission to make mistakes and learn from them.

3. Seek Support

Build a support system of friends, family, and colleagues who understand and respect your choices. Surround yourself with people who lift you up and help you navigate the challenges of balancing career and family.

While the concept of having it all may be enticing, it's crucial to recognize its limitations and the toll it can take on our well-being. By letting go of this unrealistic ideal, we can find a more genuine sense of balance and happiness. Remember, you are not alone in this journey, and it's okay to redefine success on your own terms.



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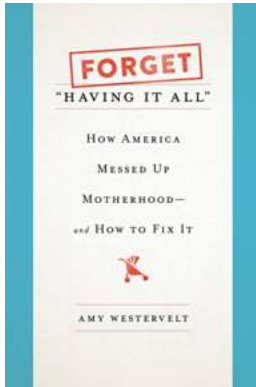
A clear-eyed look at the history of American ideas about motherhood, how those ideas have impacted all women (whether they have kids or not), and how to fix the inequality that exists as a result.

After filing a story only two hours after giving birth, and then getting straight back to full-time work the next morning, journalist Amy Westervelt had a revelation: America might claim to revere motherhood, but it treats women who have

children like crap. From inadequate maternity leave to gender-based double standards, emotional labor to the "motherhood penalty" wage gap, racist devaluing of some mothers and overvaluing of others, and our tendency to consider women's value only in terms of their reproductive capacity, Westervelt became determined to understand how we got here and how the promise of "having it all" ever even became a thing when it was so far from reality for American women.

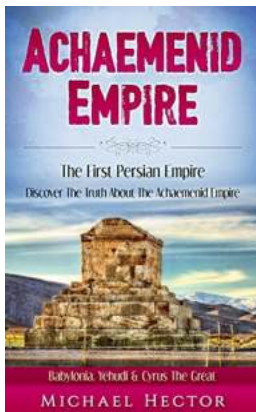
In *Forget "Having It All,"* Westervelt traces the roots of our modern expectations of mothers and motherhood back to extremist ideas held by the first Puritans who attempted to colonize America and examines how those ideals shifted -- or didn't -- through every generation since. Using this historical backdrop, Westervelt draws out what we should replicate from our past (bringing back home economics, for example, this time with an emphasis on gender-balanced labor in the home), and what we must begin anew as we overhaul American motherhood (including taking a more intersectional view of motherhood, thinking deeply about the ways in which capitalism influences our views on reproduction, and incorporating working fathers into discussions about work-life balance).

In looking for inspiration elsewhere in the world, Westervelt turned not to Scandinavia, where every work-life balance story inevitably ends up, but to Japan where politicians, in an increasingly desperate effort to increase the country's birth rates (sound familiar?), tried to apply Scandinavian-style policies atop a capitalist democracy not unlike America's, only to find that policy can't do much in the absence of cultural shift. Ultimately, Westervelt presents a measured, historically rooted and research-backed call for workplace policies, cultural norms, and personal attitudes about motherhood that will radically improve the lives of not just working moms but all Americans.



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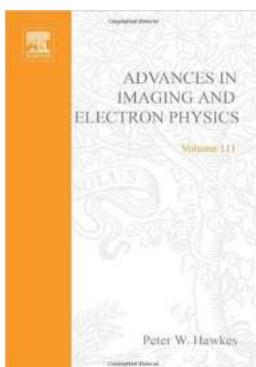
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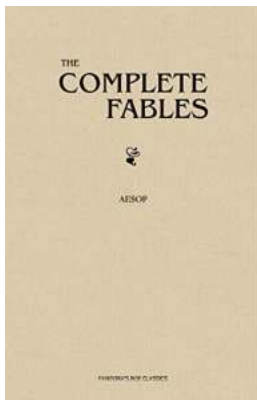
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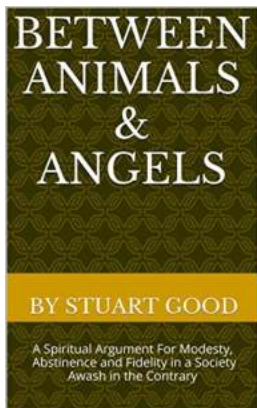
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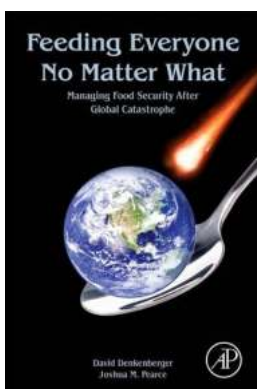
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