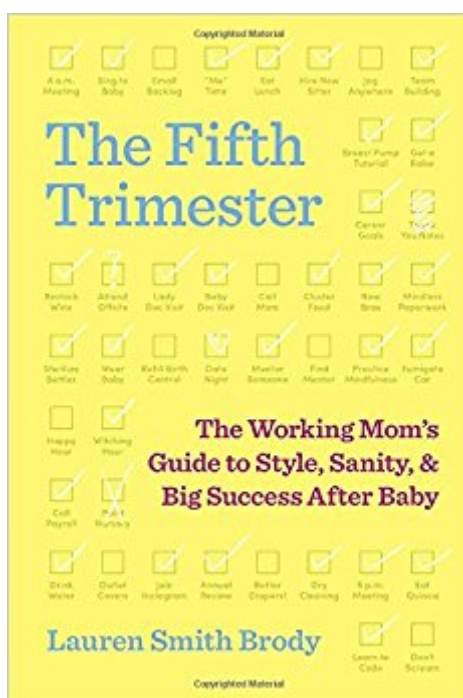


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# The Fifth Trimester: The Working Mom's Guide To Style, Sanity, And Big Success After Baby



## Synopsis

The Fifth Trimester is your new best friend: a brilliant, tells-it-like-it-is guide that helps moms cope with the demands of the real world after the baby arrives. The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. No matter what the job or how you define work, you're going to have a lot of questions. When will I go back? How should I manage that initial "I want to quit" attack? Flex-time or full-time? How can I achieve 50/50 at home with my partner? What's the best option for childcare? Is it possible to look like I slept for eight hours instead of three? And . . . why is there never a convenient space to pump? Whether you're in the final stages of pregnancy or hitting the panic button on your last day of leave, The Fifth Trimester is your one-stop shop for the honest, funny, and comforting tips, to-do lists, and take-charge strategies you'll need to embrace your new identity as a working parent and set yourself up for success. Based on interviews with 700+ candidly speaking moms in wildly varied fields and incredible expert advice, The Fifth Trimester tackles every personal and professional detail with the wit, warmth, and inspiration you need to win when you head back to work. Like *What to Expect When You're Expecting* and *The Happiest Baby on the Block*, this is an indispensable guide every new mom needs on her shelf.

## Book Information

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## Customer Reviews

“This is not a book you should read—it’s a book you MUST read if you are returning to work after the birth of a child. Lauren Smith Brody provides real news that you cannot only immediately use, but that also will help you to maintain your sanity during The Fifth Trimester! I loved it and

you will too.â --Lois P. Frankel, Ph.D., author of New York Times bestselling *Nice Girls Don't Get the Corner Office* and co-author of *Nice Girls Just Don't Get It* "Motherhood can be joyful, exhausting, confusing, wondrous and isolating all at the same time. Now try going back to work. That's where Lauren Smith Brody's *The Fifth Trimester* is an invaluable guide. Filled with practical advice and the stories of hundreds of women â informative, hilarious and sometimes heartbreaking â Smith Brody makes the case that the absolute lack of public policy to support working families makes an already tough situation worse. And while we need to work to change that, in the meantime, she makes clear: you're not alone, you're not crazy, and she's got your back." â Brigid Schulte, author of the New York Times bestselling *Overwhelmed: Work, Love & Play When No One Has the Time* and director of The Better Life Lab at New America "Returning to work can be challenging, but Lauren is a friendly and reassuring guide with a simple message: You can do this. It will get better. Packed with helpful tips and inspiring stories, *The Fifth Trimester* is the manual new moms need for succeeding on the job and in life." â Laura Vanderkam, author of *I Know How She Does It* and *What the Most Successful People Do Before Breakfast* "The practical and entertaining read covers everything from finding the right schedule to pump breast milk at the office, to effectively dealing with postpartum depression, to adjusting your postpartum work wardrobe....so much helpful advice." --Seattle Times "Brody writes nimbly and wisely about a subject she is well versed in: the conflicts, struggles, and triumphs of returning to work after having a baby...In addition to discussing solemn subjects like postpartum depression, Brody makes her readers laugh...Working moms will find a wealth of ideas to help navigate the challenging transition period in this friendly and practical guide." --Publishers Weekly

Lauren Smith Brody is the founder of The Fifth Trimester movement, which helps businesses and new parents work together to create a more family-friendly workplace culture. A longtime leader in the women's magazine industry, Lauren was most recently the executive editor of *Glamour* magazine. Raised in Ohio, Texas, and Georgia, she now lives in New York City with her husband and two young sons.

There is so much to love about this book! Lauren Smith Brody's writing style is so conversational; You feel like you are sitting with your best friend, getting tea and advice. The bonus, though, is that this best friend has done exhaustive research about many of the issues that overwhelm women as they launch themselves back into the working world. From salary negotiation to lip gloss, the author addresses it all. What I love most about this book, honestly, is how it navigates the myriad

controversial issues that women face (sleeping, feeding etc.) without ever feeling judgmental or preachy. This book will be your guide through your Fifth Trimester, and it would also be a wonderful gift for families navigating the transition. I ordered three more to give to friends!

Lauren Smith Brody writes with compassion and humor about the transition back to work after maternity leave. She couples expert advice with the wisdom of over 700 moms whom she interviewed from all walks of life. She tackles everything from the one-minute-postpartum-beauty-routine to the all-too-common world of postpartum depression and anxiety -- bravely sharing her own experiences and vulnerability. And through it all she is a tireless advocate for better family leave policies and better work environments for moms. The world needs this book!

To be very clear, this book is generally for hetero, middle to upper class women in middle or upper management at a mostly traditional office environment. That limitation of audience is certainly problematic, but within that audience, this book is stellar. I wish I would have had this book when first transitioning back to work after leave. But my youngest is 2, and I still found many helpful hints and supportive ideas within these chapters. I actually took notes as I read, which is something I haven't done with a non-fiction book in awhile. It also is just a good motivational read (I imagine especially so if you are on leave, or just returned to work!) that you are not alone, and other moms are having similar struggles. There are also a couple funny horror stories that put your own work-related issues into perspective. And part of her approach is just to help you make peace with your situation and the choices offered to you. There are some parts that are overwhelming or not a good fit. There is a strange section on skincare that felt a little too women's magazine to me (though the author was the editor of Glamour). A couple of the stories or interviews seemed a little shoe-horned in as a tip towards diversity, but their inclusion is better than not having working-class mother's voices heard at all. One of the best parts is her championing of the next generation of working moms. That being present and vocal about working while managing a baby/family, and the challenges that come along with it, pave the way for better situations for those who follow us. If there is one lasting lesson from the book, it is don't be ashamed for being a mother. Certainly something we all occasionally need reminding of in the office.

If you are returning to work after having children (or even considering it), you **MUST** read this book. I have made the transition back into the work force 3 times, after each of my boys were born. This

book is spot on... so much so that it brings tears to my eyes as I read it because it transports me back to this time of my life so vividly. I am buying it or recommending it to every mom I know. I only wish I had this resource when my boys were born.

Brody captures each and every one of the most important aspects of returning to work after maternity leave. Her writing style is inviting and witty making the daunting task seem more feasible. A must read for all new mothers returning to work!

The Fifth Trimester is the book that moms have been waiting for. It's honest, informative, endlessly practical. Lauren Smith Brody answers questions big and small with humor and wisdom. Don't go back to work without this book!!

This book is absolutely amazing for any mom returning to work after baby. So much scientific research, advice, personal stories from individuals she interviewed, and lots of wit to keep you entertained. Not to be too dramatic, but this book seriously speaks to my soul. I have recommended this book to all of my friends. Absolutely wonderful and well done!

Buying this now for all my expecting friends. The author gives solid, relatable advice that is never preachy. Above all, the book reminds us working moms that we are all in this together!

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