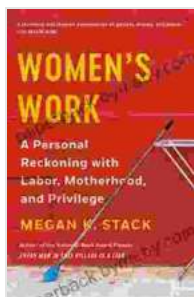


Reckoning With Work And Home: A Call for a More Balanced and Fulfilling Life

In her groundbreaking book, *Reckoning With Work And Home*, Emily Tolsted challenges the traditional divide between work and home. She argues that this divide has become increasingly blurred in recent years, thanks to advances in technology and the rise of the gig economy. As a result, many people are now finding it difficult to balance their work and personal lives.

Tolsted draws on her own experiences as a working mother to offer practical advice and insights into how to create a life that works for you, not against you. She shows us how to break free from the constraints of the 9-to-5 workday and embrace a more flexible and fulfilling way of life.



Women's Work: A Reckoning with Work and Home

by Megan K. Stack

★★★★☆ 4 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
File size : 3527 KB
Screen Reader : Supported
Print length : 339 pages



The Blurred Lines Between Work and Home

In the past, there was a clear distinction between work and home. People went to work to earn a living, and they came home to relax and spend time with their families. However, this distinction has become increasingly blurred in recent years.

One reason for this is the rise of technology. With the advent of smartphones and laptops, people can now work from anywhere, at any time. This has made it difficult for many people to disconnect from work, even when they are at home.

Another reason for the blurred lines between work and home is the rise of the gig economy. In the gig economy, people work on a freelance basis, rather than for a traditional employer. This can give people more flexibility and control over their work lives. However, it can also make it difficult to separate work from personal life.

The Impact of the Blurred Lines Between Work and Home

The blurred lines between work and home can have a negative impact on our lives. For example, it can lead to:

- **Stress and burnout**
- **Difficulty sleeping**
- **Relationship problems**
- **Health problems**

It is clear that the traditional divide between work and home is no longer sustainable. We need to find a new way to balance our work and personal lives.

A Call for a More Balanced and Fulfilling Life

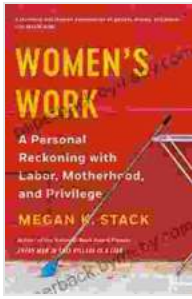
In *Reckoning With Work And Home*, Emily Tolsted offers a call for a more balanced and fulfilling life. She argues that we need to rethink our relationship to work and home. We need to find ways to create a life that works for us, not against us.

Tolsted offers a number of practical tips for creating a more balanced and fulfilling life, including:

- **Set boundaries between work and home**
- **Create a dedicated workspace**
- **Take breaks throughout the day**
- **Disconnect from work at night**
- **Spend time with loved ones**

Tolsted's book is a timely and important contribution to the conversation about work and life balance. She offers a clear-eyed look at the challenges we face in today's world and provides practical advice for how to create a more balanced and fulfilling life.

Reckoning With Work And Home is a must-read for anyone who is struggling to balance their work and personal lives. Emily Tolsted offers a wealth of practical advice and insights into how to create a life that works for you, not against you. With wit and wisdom, she shows us how to break free from the constraints of the 9-to-5 workday and embrace a more flexible and fulfilling way of life.



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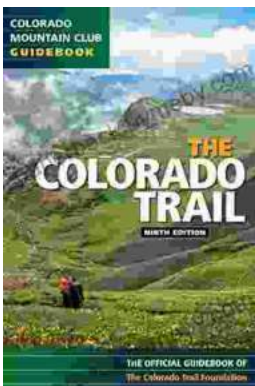
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