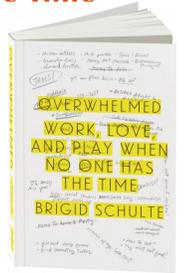




FAMILY FORWARD OREGON Books We Love

1. **Overwhelmed: How to Work, Love, and Play When No One Has the Time**

When award-winning journalist Brigid Schulte, a harried mother of two, realized she was living a life of all work and no play, she decided to find out why she felt so overwhelmed. Being overwhelmed is even affecting the size of our brains. But she also encounters signs of real progress evidence that what the ancient Greeks called “the good life” is attainable after all. [By Brigid Schulte | © 2014 | Picador]



2. **Finding Time: The Economics of Work-Life Conflict**

Heather Boushey argues that resolving work–life conflicts is as vital for individuals and families as it is essential for realizing the country’s productive potential. The federal government, however, largely ignores the connection between individual work–life conflicts and more sustainable economic growth. But change is possible. *Finding Time* presents detailed innovations to help Americans find the time they need and help businesses attract more productive workers. [By Heather Boushey | © 2016 | Harvard University Press]

3. **The New Feminist Agenda: Defining the Next Revolution for Women, Work and Family**

Kunin’s book is a powerful declaration of family values. With clarity and conviction, Kunin presents a strong case for the economics and ethics of equality at home, in the workplace, and in government. There are no shortcuts to social change: action, imagination, and optimism--starting right now. [Madeleine M. Kunin | 2012 | Chelsea Green Publishing]

4. **The Age of Dignity | Preparing for the Elder Boom in an Aging America**

This groundbreaking new book from the director of the National Domestic Workers Alliance offers bold solutions, such as long-term care insurance and cultural change to get all of us to value care, which is already at the heart of a movement transforming what it means to grow old in the United States. [Ai-jen Poo | 2015 | The New Press]

5. **All In | How Our Work-First Culture Fails Dads, Families, And Businesses – And How We Can Fix It Together**



When journalist Josh Levs was denied fair parental leave by his employer after his child was born, he fought back—and corporate America responded. In the process, he became a leading advocate for modern families. He shows how fatherhood today is far different from previous generations and what it means for our individual lives, families, workplaces, and society. [By Josh Levs | Harper Collins | © 2015]

6. **Shortchanged: Why Women Have Less Wealth and What Can Be Done About It**

Women now receive more college degrees than men, and enter the workforce with better job opportunities than ever before. So why does the typical woman have only 36 cents for every dollar of wealth owned by the typical man? And why do single mothers have only 8% of the wealth of single fathers? The first book to focus on the differences in wealth between women and men, *Shortchanged* is a compelling and accessible examination of why women struggle to accumulate assets, who has what, and why it matters. [Mariko Lin Chang | © 2010 | Oxford University Press]



More Books We Love

8. **The Price of Motherhood: Why the Most Important Job in the World is Still the Least Valued**

This provocative book shows how mothers are systematically disadvantaged and made dependent by a society that exploits those who perform its most critical work. Drawing on hundreds of interviews and research in economics, history, child development, and law, Ann Crittenden proves definitively that although women have been liberated, mothers have not. [By Ann Crittenden | © 2001, 2010 | Picador]

9. **Taking On the Big Boys: Or Why Feminism is Good for Families, Business, and the Nation**

Bravo argues for feminism as a system of beliefs, laws, and practices that fully values women and work associated with women, while detailing activist strategies to achieve a society where everybody—women and men—reach their potential. [By Ellen Bravo | ©2007 | The Feminist Press]

10. **The Maternal is Political: Women Writers at the Intersection of Motherhood & Social Change**

Exploring the vital connection between motherhood and social change, *The Maternal Is Political* features forty-four powerful, hard-hitting literary essays by women who are striving to make the world a better place for children and families—both their own and other women's—in this country and globally. [Edited by Shari Macdonald Strong | © 2008 | Seal Press]

11. **The Custom-Fit Workplace: Choosing When, Where, and How to Work and Boost Your Bottom Line**

Today's tumultuous, 24/7 world is wreaking havoc on the fit between the workplace and workers, and, unless addressed now, will put our families, health, and communities on a collision course with our jobs. *The Custom-Fit Workplace* explains how to navigate this changing landscape. [By Joan Blades and Nanette Fondas | © 2010 | Jossey-Bass]

12. **Behind the Kitchen Door**

How do restaurant workers live on some of the lowest wages in America? And how do poor working conditions—discriminatory labor practices, exploitation, and unsanitary kitchens—affect the meals that arrive at our restaurant tables? Our meals benefit from the attention and skill of the people who chop, grill, sauté, and serve. [By Saru Jayaraman | © 2013 | Cornell University Press]

13. **Torn: True Stories of Kids, Career & the Conflict of Modern Motherhood**

Striking the right balance between career and motherhood is one of the most stressful, heart-wrenching tasks facing women today. In *Torn*, forty-six women examine the conflict between the need to nurture and the need to work, and reveal creative solutions for having the best of both worlds. [Edited by Samantha Parent Walravens | 2011 | Coffeetown Press]

14. **Under the Bus | How Working Women Are Being Run Over**

Most Americans think that our country has done quite a lot to protect women and ensure gender equity in the workplace. But the fact is that we have a two-tiered system, where some working women have a full panoply of rights while others have few or none at all. [By Caroline Fredrickson | 2015 | The New Press]

