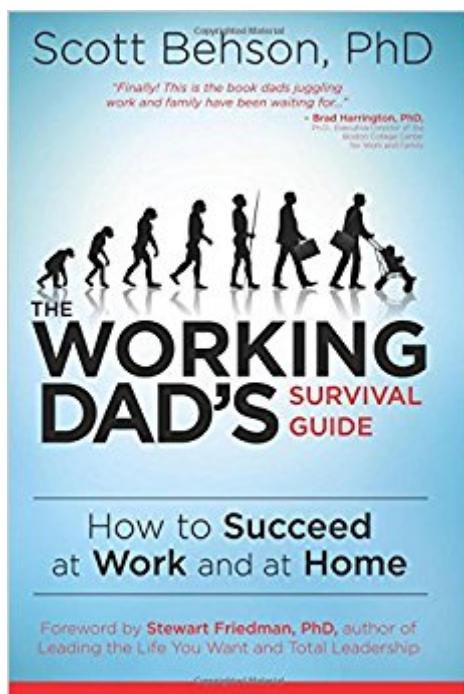


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# The Working Dad's Survival Guide: How To Succeed At Work And At Home



## Synopsis

Most fathers today strive both to be successful in their careers and to be loving, involved dads. It sometimes seems like an impossible tug-of-war. But it doesn't have to be. The Working Dad's Survival Guide helps dads understand they are not alone, and offers a series of concrete time and life management strategies that enable them to succeed in their careers while also being the present, involved fathers they always wanted to be. Through personal stories and interviews with dozens of working dads, as well as actionable advice and useful self-assessment exercises, Scott Behson will help you feel more confident in succeeding in both parts of your life. Specifically, The Working Dad's Survival Guide will help dads: Understand that most dads face the same struggles they do. Articulate their career and family priorities through reflection and self-assessment exercises and by reading about other dads' experiences. Assess their current workplace's and employer's attitudes towards work and family. This can lead to a better understanding of ways dads can pursue work-family balance and what barriers may be in their way. Maintain and enhance their work productivity through better prioritization, planning and focus, as well as more efficient time management. Understand how to create, negotiate for, and utilize workplace flexibility. Understand their rights regarding paternity leave. Protect family time from the creeping demands of work. Improve their focus on the most important aspects of parenting, and gain a better understanding of how wives, families and children benefit from present, involved fathers. Carve out "me time" - exercise and social activities - needed to de-stress, renew energy and maintain mental health. Build a support network of other working dads so that they can give and receive friendship, emotional support and tangible help. A portion of the book's proceeds is donated to A Better Balance, an advocacy organization promoting family-supportive workplace and social policy. This book also features a foreword from Dr. Stewart Friedman, a bestselling author of "Total Leadership" and "Leading the Life You Want."

## Book Information

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## Customer Reviews

In The Working Dad's Survival Guide, Scott Behson sets out to do one simple - but not at all easy - thing; help men feel confident and successful in both their work life and family life. Using the perfect combination of exercises, stories, insights, and practical strategies he accomplishes that goal with flying colors. There's no magic pill that will make you the best dad you can be. But with commitment, hard work, and Scott's guidance, you're well on your way. - Armin Brott, author of "The Expectant Father" and "The New Father: A Dad's Guide to the First Year"Finally! This is the book dads juggling work and family have been waiting for. Full of great insights, perspectives and advice that will help dads be more successful on all fronts. - Brad Harrington, PhD, Boston College Center for Work and Family Cheers to Scott Behson for providing the 21st century working dad a roadmap for career and parenting success. - Matt Schneider and Lance Somerfeld, City Dads Group. Behson draws brilliantly from his life and research to provide the stories, tips, and tools we need to become the fathers we want to be.- Jeremy Adam Smith, author "The Daddy Shift" If you're like most dads, you're facing an impossible tug of war between work and home. My advice? Read this book. - This smart, charming, and actionable guide offers a practical toolkit for thriving in both domains. - You'll discover how to make family time more memorable, how to negotiate for work flexibility, and why you should pack at least one stuffed animal on every business trip. Behson is the rare writer who can communicate everything you need to know, while making you feel like you're just chatting over a beer with a good friend. -Ron Friedman, PhD, author "The Best Place to Work" The stories, exercises, and concrete tips Scott offers bring clarity, focus, and motivation for readers to tackle these issues in their own lives. - Scott's experience, and positivity, are a welcomed relief! - Sara Sutton Fell, Founder & CEO of FlexJobs I wish I had this book when I was taking heat in the corporate world for being an active parent. The suggestions and exercises would have made a big difference, to both support the choices I was making, and help me build a community of other working dads so I would not feel alone. - Greg Marcus, PhD, author of "Busting Your Corporate Idol" You might be a new dad who is craving this information, or an experienced dad interested in making a change, either way, Scott's words of wisdom and friendly tone will help guide

you to a solution that's just right for you. - Jessica DeGroot, Founder and President, ThirdPath Institute While the conversation of 'leaning in' and 'opting out' play out for women, Scott is blazing trails for men who want to participate more in their children's lives and shift the consciousness of the business world. - Charlie Capen, co-author, How to Be a Dad

Hey Dad! Ever felt torn between advancing in your career and spending quality time with family? The Working Dad's Survival Guide is for you. The first book of its kind- the advice and encouragement you need to achieve success at work while ALSO being the involved, loving dad you always wanted to be. Written from the unique perspective of Scott Behson, a busy working dad who also happens to be a national expert in work-family issues, The Working Dad's Survival Guide is chock full of concrete time and life management strategies you can use right now. Praise for The Working Dad's Survival GuideIf you're like most dads, you're facing an impossible tug of war between work and home. My advice? Read this book. In this smart, charming, and actionable guide, Scott Behson offers a practical toolkit for thriving in both domains. You'll discover how to make family time more memorable, how to negotiate more flexibility with your boss, and why you should pack at least one stuffed animal on every business trip. Behson is the rare writer who can communicate everything you need to know, while making you feel like you're just chatting over a beer with a good friend at a barbecue.-Ron Friedman, Ph.D., author of The Best Place to Work: The Art and Science of Creating an Extraordinary WorkplaceÂ  Â Cheers to Scott Behson for providing the 21st century working dad a roadmap for career and parenting success.-Matt Schneider and Lance Somerfeld, Co-Founders, City Dads GroupThe stories, exercises, and concrete tips Behson offers bring clarity, focus, and motivation for readers to tackle these issues in their own lives - Sara Sutton Fell, Founder & CEO of FlexJobsA well-designed game plan for dads on how to be successful fathers as well as productive employees - Hogan Hilling, author, Dads Behaving DadlyI wish I had this book when I was taking heat in the corporate world for being an active parent! - Greg Marcus, PhD, author of Busting Your Corporate Idol: Self-Help for the Chronically Overworked

Scott Behson appearance on MSNBC blew me away so I was excited to open the pages of this book he has written on fatherhood being a bi-partisan deal. This is book is both informative and instructional. As a wife and mother I am excited to give to gift this book to my husband. A small token of my respect and admiration for all that he does for our family. As working professionals, we've at times struggled balancing life and work. This book is a game changer! The Working Dad's Survival Guide is a much needed manuscript for any family. Finally father's are getting the respect

they deserve in the home. Studies show a father who is engaged in raising their children in the day to day have a long lasting affect on their kids' psyche and long-term success. Scott Behson sidesteps excuses by giving readers practical advice on how to balance a work/family life balance. Behson is a pioneer in the field and I applaud his march forward!

This was a fast read but it felt a bit all over the place. I am rather analytical out of the gate so the majority of this is just advice on how to be an adult and managing your time. I would not buy it again and would not recommend it. Think about how you spend your time. Finances, work, hobbies, etc all need their own defined time to be productive. That is a much cheaper and simpler version of the book.

Scott captures my dilemma clearly when he writes "As fathers, our two most important roles are being a successful financial provider and being an active, loving dad." Are these complimentary or contradictory? I always thought they were contradictory. Now I know better. This book is like being in a conversation with a wise old friend. From advice on finance to the realities of priorities and trade-offs; From making the workplace work for you, to optimizing family life... Scott had me hooked and wanting to read more. If you take the exercises seriously, you will get even more from the book. I did.

I am a Working Dad to 2 teenagers. This is a must read for any Working Dad. So much of the writing out there today focuses on telling Mom's how to balance work and family, but there was nothing for Dads! Now there is. Scott Behson uses his research and personal experience to provide very practical advice to Dad's struggling to break the legacy of Dad's work and Mom's raise kids. Behson quotes many Dad's in the book who have had both positive and negative experiences trying to balance work and family. Our kids need their Dad's to be involved, and this book can help us do just that. There are stories, examples, and actual exercises you can do. Buy it for yourself, your husband, your Brother, your Son. I highly recommend!

This book is so cool, so different and so original.. LOVED it! how important in today's world to give a practical how to guide to Dad's. This book is full of good information, ideas of how a dad balances it all... gets it all done.. and really can have it all! Bought a few of these books to give to my husband and some of his friends..

Back in the 1980's I was a single dad, raising two daughters and keeping a job, the house and all that goes with it. At that time we did not even have changing tables in men's bathrooms let alone a book like this. For all dads, single or not, this is an important tool that will make the best job in the world (being a dad) even better.

Every Dad works...even those who work from home and run our own businesses. I found this book supportive, helpful and a great reminder that I'm just like a lot of other Dad's and so I am in good company. Great tips abound and I will be recommending this book to other Dad's or even Mom's to give as a Father's Day gift.

So much attention is paid to working moms and women's issues that we have neglected the importance of dads. Scott shares useful research and allows men to consider work/life balance issues in their own lives. Father's day is coming up! This would be a great gift.

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