



The Fifth Trimester: The Working Mom's Guide to Style, Sanity, and Big Success After Baby

Lauren Smith Brody

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***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.

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