
The Mental Load A Feminist Comic

The Mental Load

Man Enough

We: A Manifesto for Women Everywhere

Overwhelmed

Doing Harm

The Second Shift

Invisible Women

Think Like a Feminist: The Philosophy Behind the
Revolution

Feminist Foremothers in Women's Studies,
Psychology, and Mental Health

How Big Is Your Umbrella?

Maxed Out

The Managed Heart

Motherlands

A Feminist Critique

Families, Sport, Leisure and Social Justice

Rethinking Mental Health and Disorder

The Mental Load

The Mental Load

Fair Play

Fed Up

Mompowerment

The Proper Care and Feeding of Husbands

The Emotional Load

The Feminist Revolution

On Intersectionality

Thinking about the Baby
Hood Feminism
For the Love of Men
Feminist Parenting: Perspectives from Africa and
Beyond
Women in Context
The Master's Tools Will Never Dismantle the
Master's House
Flat Broke with Children
Wife Drought, The
Women's Work
Trainwreck
Find Your Unicorn Space
Corrupt
How to Raise a Feminist Son
All the Rage

*The
Mental Load A
Feminist Comic* Downloaded
from
intra.itu.edu
by guest

**ZAYDEN
NADIA**

The Mental
Load The
Mental Load
From the New
York Times
bestselling
author of Fair
Play and "the
Marie Kondo

of
relationships"
comes an
inspirational
guide for
setting new
personal
goals,
rediscovering
your interests,
cultivating
creativity, and
reclaiming
your Unicorn
Space. With

her acclaimed
New York
Times
bestseller
(and Reese's
Book Club
pick) Fair Play,
Eve Rodsky
began a
national
conversation
and launched
a movement
toward
greaterequalit

y on the home front. But she soon realized that even when the domestic workload became more balanced, women were still reporting dissatisfaction in their lives—that is, unless they used the precious time they carved out for activities that filled not just their calendar but also their soul. Rodsky calls this vital time our “Unicorn Space”—the active pursuit of creative self-expression doing the

thing that makes you uniquely YOU. To help readers embrace all the unlikely, surprising, and delightful places where their own Unicorn Space may be found, she speaks with thought leaders and countless real women who have discovered themselves everywhere—from activism to artistic endeavors to second careers. Rodsky reveals what researchers already know: Creativity is

not optional. It’s essential. Though most of us do need to remind ourselves how (and where) to find it. With her trademark mix of how-to advice and big-picture inspirational thinking, Rodsky shows us a clear plan to reclaim the lost art of having fun, manifest your own Unicorn Space in an already too-busy life, and unleash your talents into the world. **Man Enough** Oxford University Press The #1

National Bestseller In her most provocative book yet, America's top radio talk show host, Dr. Laura Schlessinger, urgently reminds women that to take proper care of their husbands is to ensure themselves the happiness and satisfaction they deserve in marriage. Women want to be in love, get married and live happily ever after, yet countless women call Dr. Laura,

unhappy in their marriages and seemingly at a loss to understand the incredible power they have over their men to create the kind of home life they yearn for. In the *Proper Care and Feeding of Husbands*, Dr. Laura provides real-life examples and real-life solutions on how to wield that power to attain all the sexual pleasure, intimacy, love, joy, and peace desired in life. Dr. Laura's simple

principles have changed the lives of millions. Now they can change yours.

We: A Manifesto for Women Everywhere

Guilford Press

This volume presents work at the interface of feminist theory and mental health.

The editors a stellar array of contributors to continue the vital process of feminist theory building and critique.

Overwhelmed
Kregel Publications

'Too

much to do?
 Stop and read
 this' -
 Guardian 'For
 a fresh take
 on an eternal
 dilemma,
 Overwhelmed
 is worth a few
 hours of any
 busy woman's
 life - if only to
 ensure that
 she doesn't
 drop off the
 bottom of her
 own "To Do"
 list' - Mail on
 Sunday

_____ In her
 attempts to
 juggle work
 and family life,
 Brigid Schulte
 has baked
 cakes until 2
 a.m.,
 frantically (but
 surreptitiously
) sent
 important

emails during
 school trips
 and then
 worked long
 into the night
 after her
 children were
 in bed.
 Realising she
 had become
 someone who
 constantly
 burst in late,
 trailing shoes
 and
 schoolbooks
 and biscuit
 crumbs, she
 began to
 question, like
 so many of us,
 whether it is
 possible to be
 anything you
 want to be,
 have a family
 and still have
 time to
 breathe. So
 when Schulte
 met an
 eminent

sociologist
 who studies
 time and he
 told her she
 enjoyed thirty
 hours of
 leisure each
 week, she
 thought her
 head was
 going to pop
 off. What
 followed was a
 trip down the
 rabbit hole of
 busy-ness, a
 journey to
 discover why
 so many of us
 find it near-
 impossible to
 press the
 'pause' button
 on life and
 what got us
 here in the
 first place.
 Overwhelmed
 maps the
 individual,
 historical,
 biological and

societal stresses that have ripped working mothers' and fathers' leisure to shreds, and asks how it might be possible for us to put the pieces back together. Seeking insights, answers and inspiration, Schulte explores everything from the wiring of the brain and why workplaces are becoming increasingly demanding, to worldwide differences in family policy, how cultural

norms shape our experiences at work, our unequal division of labour at home and why it's so hard for everyone - but women especially - to feel they deserve an elusive moment of peace.

_____ 'Every parent, every caregiver, every person who feels besieged by permanent busyness, must read this book' - Anne-Marie Slaughter, author of *Why Women Still*

Can't Have It All
Doing Harm
 Univ of California Press
 Dreams might be a heart's desire, but nightmares are its obsession in the first novel of a dark romance series from New York Times bestselling author Penelope Douglas. Erika Fane's boyfriend's older brother is handsome, strong, and completely terrifying. The star of his college's basketball

team gone pro, he's more concerned with the dirt on his shoe than he is with her. But she saw him. She heard him. The things that he did, and the deeds that he hid... For years, Erika bit her nails, unable to look away. Now, she's in college, but she hasn't stopped watching him. He's bad and the things she's seen aren't content to stay in her head anymore. Because he's finally noticed her. But

Michael Crist knows the hold he has on Rika, how much she fears him. She looks down when he enters the room and stills when he's close. He knows she thinks only of him. When Michael's brother leaves for the military, leaving Rika alone and unprotected, he knows the opportunity is too good to be true. Three years ago she put Michael's friends in prison, and now they're free. Every

last one of her nightmares is about to come true.

The Second Shift

Sasquatch Books

"The calculus for mothers between working and staying at home varies across U.S. states. Lower costs and longer school days tend to help mothers return to work after giving birth. States tend to offer either better workplace protection or affordable child care, but few states support mothers

across their employment needs"--
Invisible Women Seven Stories Press
 The Mental Load National Geographic Books
Think Like a Feminist: The Philosophy Behind the Revolution
 W. W. Norton & Company
 A NEW YORK TIMES NOTABLE BOOK OF 2019
 From National Book Award finalist Megan K. Stack, a stunning memoir of raising her children abroad with

the help of Chinese and Indian women who are also working mothers
 When Megan Stack was living in Beijing, she left her prestigious job as a foreign correspondent to have her first child and work from home writing a book. She quickly realized that caring for a baby and keeping up with the housework while her husband went to the office each day was consuming the time she needed to

write. This dilemma was resolved in the manner of many upper-class families and large corporations: she availed herself of cheap Chinese labor. The housekeeper Stack hired was a migrant from the countryside, a mother who had left her daughter in a precarious situation to earn desperately needed cash in the capital. As Stack's family grew and her husband's job took them to Dehli, a series

of Chinese and Indian women cooked, cleaned, and babysat in her home. Stack grew increasingly aware of the brutal realities of their lives: domestic abuse, alcoholism, unplanned pregnancies. Hiring poor women had given her the ability to work while raising her children, but what ethical compromise had she made? Determined to confront the truth, Stack traveled to

her employees' homes, met their parents and children, and turned a journalistic eye on the tradeoffs they'd been forced to make as working mothers seeking upward mobility—and on the cost to the children who were left behind. *Women's Work* is an unforgettable story of four women as well as an electrifying meditation on the evasions of marriage, motherhood,

feminism, and privilege. *Feminist Foremothers in Women's Studies, Psychology, and Mental Health* Random House Australia Through a social justice and equity lens, this book examines how families, sport, and leisure connect to broader social issues in society. It goes beyond describing oppression and disadvantaged identities and focuses on advocacy and ways forward

to challenge the status quo. Adopting an interdisciplinary approach, the book draws upon different theories to present important new work on topics as diverse as the role of parents and siblings within youth sport; the family in sport for development and peace; and grandparent-grandchild relationships in sport, leisure, and family tourism. Several topics also bring

attention to the multiplicity of family lives such as LGBTQ older adults as well as children and young people in the care of the state. Together, these studies provide important insight into how sport and leisure reflect and refract key contemporary social issues within the context of familial lives. This is fascinating reading for any student or researcher with an

interest in sport, leisure, education, development, sociology, social work, or social policy. *How Big Is Your Umbrella?* National Geographic Books "Smart ... compelling ... persuasive ." —New York Times Book Review She's everywhere once you start looking: the trainwreck. She's Britney Spears shaving her head, Whitney Houston saying "crack is whack," and Amy Winehouse,

dying in front of millions. But the trainwreck is also as old (and as meaningful) as feminism itself. From Mary Wollstonecraft—who, for decades after her death, was more famous for her illegitimate child and suicide attempts than for A Vindication of the Rights of Woman—to Charlotte Brontë, Billie Holiday, Sylvia Plath, and even Hillary Clinton, Sady Doyle's Trainwreck

dissects a centuries-old phenomenon and asks what it means now, in a time when we have unprecedented access to celebrities and civilians alike, and when women are pushing harder than ever against the boundaries of what it means to "behave." Where did these women come from? What are their crimes? And what does it mean for the rest of us? For an age when any form of self-expression

can be the one that ends you, Doyle's book is as fierce and intelligent as it is funny and compassionate—an essential, timely, feminist anatomy of the female trainwreck. Maxed Out Penguin UK An audacious and accessible guide to feminist philosophy—its origins, its key ideas, and its latest directions. Think Like a Feminist is an irreverent yet rigorous primer that unpacks over

two hundred years of feminist thought. In a time when the word feminism triggers all sorts of responses, many of them conflicting and misinformed, Professor Carol Hay provides this balanced, clarifying, and inspiring examination of what it truly means to be a feminist today. She takes the reader from conceptual questions of sex, gender, intersectionality, and oppression to the

practicalities of talking to children, navigating consent, and fighting for adequate space on public transit, without deviating from her clear, accessible, conversational tone. Think Like a Feminist is equally a feminist starter kit and an advanced refresher course, connecting longstanding controversies to today's headlines. Think Like a Feminist takes on many of the essential

questions that feminism has risen up to answer: Is it nature or nurture that's responsible for our gender roles and identities? How is sexism connected to racism, classism, homophobia, transphobia, and other forms of oppression? Who counts as a woman, and who gets to decide? Why have men gotten away with rape and other forms of sexual violence for so long? What responsibility do women

themselves bear for maintaining sexism? What, if anything, can we do to make society respond to women's needs and desires? Ferocious, insightful, practical, and unapologetically opinionated, *Think Like a Feminist* is the perfect book for anyone who wants to understand the continuing effects of misogyny in society. By exploring the philosophy underlying the feminist movement, Carol Hay

brings today's feminism into focus, so we can deliberately shape the feminist future. *The Managed Heart Seal Press* Explores the global history and contributions of the feminist revolution. *The Feminist Revolution* offers an overview of women's struggle for equal rights in the late twentieth century. Beginning with the auspicious founding of the National

Organization for Women in 1966, at a time when women across the world were mobilizing individually and collectively in the fight to assert their independence and establish their rights in society, the book traces a path through political campaigns, protests, the formation of women's publishing houses and groundbreaking magazines, and other events that shaped women's

history. It examines women's determination to free themselves from definition by male culture, wanting not only to "take back the night" but also to reclaim their bodies, their minds, and their cultural identity. It demonstrates as well that the feminist revolution was enacted by women from all backgrounds, of every color, and of all ages and that it took place in the home, in

workplaces, and on the streets of every major town and city. This sweeping overview of the key decades in the feminist revolution also brings together for the first time many of these women's own unpublished stories, which together offer tribute to the daring, humor, and creative spirit of its participants. Motherlands HarperCollins Feminist Foremothers in Women's Studies, Psychology, and Mental

Health is by and about the more recent wave of feminist foremothers; those who were awakened in the 1960s and '70s to the realization that something was terribly wrong. These are the women who created the fields of feminist therapy, feminist psychology, and women's mental health as they exist today. The 48 women share their life stories in the hope that they

will inspire and encourage readers to take their own risks and their own journeys to the outer edges of human possibility. Authors write about what led up to their achievements, what their accomplishments were, and how their lives were consequently changed. They describe their personal stages of development in becoming feminists, from unawareness to activism to action. Some

women focus on the painful barriers to success, fame, and social change; others focus on the surprise they experience at how well they, and the women's movement, have done. Some well-known feminist foremothers featured include: Phyllis Chesler Gloria Steinem Kate Millett Starhawk Judy Chicago Zsuzsanna Emese Budapest Andrea Dworkin Jean Baker Miller

Carol Gilligan In *Feminist Foremothers* in *Women's Studies, Psychology, and Mental Health*, many of the women see in hindsight how prior projects and ideas and even dreams were the forerunners to their most important work. They note the importance of sisterhood and the presence of other women and the loneliness and isolation experienced when they don't exist. They note the validation

they have received from grassroots feminists in contrast to disbelief from professionals. Although these women have been and continue to be looked up to as foremothers, they realize how little recognition they've been given from society-at-large and how much better off their male counterparts are. Some foremothers write about the feeling of being different, not meshing with the culture of

the time and about challenging the system as an outsider, not an insider. These are women who had few mentors, who had to forge their own way, "hit the ground running." Their stories will challenge readers to press on, to continue the work these foremothers so courageously started. Throughout the pages of *Feminist Foremothers in Women's Studies, Psychology,*

and *Mental Health* runs a sense of excitement and vibrancy of lives lived well, of being there during the early years of the women's movement, of making sacrifices, of taking risks and living to see enormous changes result. Throughout these pages, too, sounds a call not to take these changes for granted but to recognize that feminists, rather than arguing over picayune issues or

splitting politically correct hairs, are battling for the very soul of the world. *A Feminist Critique* Demeter Press From the self-described 'black, lesbian, mother, warrior, poet', these soaring, urgent essays on the power of women, poetry and anger are filled with darkness and light. Penguin Modern: fifty new books celebrating the pioneering spirit of the iconic Penguin Modern

Classics series, with each one offering a concentrated hit of its contemporary, international flavour. Here are authors ranging from Kathy Acker to James Baldwin, Truman Capote to Stanislaw Lem and George Orwell to Shirley Jackson; essays radical and inspiring; poems moving and disturbing; stories surreal and fabulous; taking us from the deep South to modern Japan,

New York's underground scene to the farthest reaches of outer space. Families, Sport, Leisure and Social Justice A&C Black A scorching collection of cartoons that is incisive, funny and fiercely feminist. 'Women, put down your never-ending to-do list and read this book cover to cover.' Rebecca Huntley 'The gender wars of household chores' - The Guardian 'Funny and

relevant, this is a book to slip on all your colleagues' desks.' - Elle 'Emma talks about the clitoris like nobody else.' - Huffington Post 'Her comics perfectly explain the mental load that women bear in the household' - Marie Claire 'Widely shared on the net, her comic strips echo the feeling of many women who are exhausted by the need to always think of everything' - L'Express 'The mental

load. It's incessant, gnawing, exhausting and disproportionately falls to women.' Leah Rupanner, ABC 'The mental load is the running commentary that plays in the minds of (mostly) women, of all the things that need doing that no one else sees but you.' AV Williams, news.com.au In her first book of comic strips, French artist Emma reflects on social and feminist issues by

means of simple line drawings, dissecting the mental load, ie all that invisible and unpaid organizing, list-making and planning women do to manage their lives, and the lives of their family members. Most of us carry some form of mental load - about our work, household responsibilities, financial obligations and personal life; but what makes up that burden and how it's

distributed within households and understood in offices is not always equal or fair. In her strips Emma deals with themes ranging from maternity leave (it is not a vacation!), domestic violence, the clitoris, the violence of the medical world on women during childbirth, and other feminist issues, and she does so in a straightforward way that is both hilarious and deadly serious. If

you're not laughing, you're probably crying in recognition. Emma's comics also address the everyday outrages and absurdities of immigrant rights, income equality, and police violence. Emma has over 300,000 followers on Facebook, her comics have been shared 215,000 times, and have elicited comments from 21,000 internet users. An article about her in the French

magazine L'Express drew 1.8 million views - a record since the site was created. She is now a regular contributor to The Guardian. Many women will recognize themselves in The Mental Load, which is sure to stir a wide-ranging, important debate on what it really means to be a woman today. *Rethinking Mental Health and Disorder* Routledge Why do men do so little at home? Why do women do so much? Why

don't our egalitarian values match our lived experiences? Journalist-turned-psychologist Darcy Lockman offers a clear-eyed look at the most pernicious problem facing modern parents—how progressive relationships become traditional ones when children are introduced into the household. In an era of seemingly unprecedented feminist activism, enlightenment

, and change, data shows that one area of gender inequality stubbornly persists: the disproportionate amount of parental work that falls to women, no matter their background, class, or professional status. All the Rage investigates the cause of this pervasive inequity to answer why, in households where both parents work full-time and agree that tasks should be equally shared, mothers'

household management, mental labor, and childcare contributions still outweigh fathers'. How, in a culture that pays lip service to women's equality and lauds the benefits of father involvement—benefits that extend far beyond the well-being of the kids themselves—can a commitment to fairness in marriage melt away upon the arrival of children? Counting on male partners who will share

the burden, women today have been left with what political scientists call unfulfilled, rising expectations. Historically these unmet expectations lie at the heart of revolutions, insurgencies, and civil unrest. If so many couples are living this way, and so many women are angered or just exhausted by it, why do we remain so stuck? Where is our revolution, our insurgency, our civil unrest? Darcy

Lockman drills deep to find answers, exploring how the feminist promise of true domestic partnership almost never, in fact, comes to pass. Starting with her own marriage as a ground zero case study, she moves outward, chronicling the experiences of a diverse cross-section of women raising children with men; visiting new mothers' groups and pioneering co-parenting specialists;

and interviewing experts across academic fields, from gender studies professors and anthropologists to neuroscientists and primatologists. Lockman identifies three tenets that have upheld the cultural gender division of labor and peels back the ways in which both men and women unintentionally perpetuate old norms. If we can all agree that equal pay for

equal work should be a given, can the same apply to unpaid work? Can justice finally come home?

The Mental Load

HarperCollins Winner of a Foreword IndieFab Book of the Year Award Katrina Alcorn was a 37-year-old mother with a happy marriage and a thriving career when one day, on the way to Target to buy diapers, she had a breakdown. Her carefully built career shuddered to

a halt, and her journey through depression, anxiety, and insomnia—followed by medication, meditation, and therapy—began. Alcorn wondered how a woman like herself, with a loving husband, a supportive boss, three healthy kids, and a good income, was unable to manage the demands of having a career and a family. Over time, she realized that she wasn't alone; many

women were struggling to do it all—and feeling as if they were somehow failing as a result. Mothers are the breadwinners in two-thirds of American families, yet the American workplace is uniquely hostile to the needs of parents. Weaving in surprising research about the dysfunction between the careers and home lives of working mothers, as well as the consequences

to women's health, Alcorn tells a deeply personal story about "having it all," failing miserably, and what comes after.

Ultimately, she offers readers a vision for a healthier, happier, and more productive way to live and work.

The Mental Load Simon and Schuster An updated edition of a standard in its field that remains relevant more than thirty years after its original publication.

Over thirty years ago, sociologist and University of California, Berkeley professor Arlie Hochschild set off a tidal wave of conversation and controversy with her bestselling book, *The Second Shift*. Hochschild's examination of life in dual-career households finds that, factoring in paid work, child care, and housework, working mothers put in one month of labor more than their

spouses do every year. Updated for a workforce that is now half female, this edition cites a range of updated studies and statistics, with an afterword from Hochschild that addresses how far working mothers have come since the book's first publication, and how much farther we all still must go. Fair Play Penguin The landmark, prize-winning, international bestselling examination

of how a gender gap in data perpetuates bias and disadvantages women. #1 International Bestseller * Winner of the Financial Times and McKinsey Business Book of the Year Award * Winner of the Royal Society Science Book Prize Data is fundamental to the modern world. From economic development to health care to education and public policy, we rely on numbers to allocate resources and

make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this insidious bias: in time, in money, and often with their lives. Celebrated feminist advocate Caroline Criado Perez investigates this shocking

root cause of gender inequality in Invisible Women. Examining the home, the workplace, the public square, the doctor's office, and more, Criado Perez unearths a dangerous pattern in data and its consequences on women's lives. Product designers use a "one-size-fits-all" approach to everything from pianos to cell phones to voice recognition software, when in fact this approach

is designed to fit men. Cities prioritize men's needs when designing public transportation, roads, and even snow removal, neglecting to consider women's safety or unique responsibilities and travel patterns. And in medical research, women have largely been

excluded from studies and textbooks, leaving them chronically misunderstood, mistreated, and misdiagnosed. Built on hundreds of studies in the United States, in the United Kingdom, and around the world, and written with energy, wit, and sparkling intelligence, this is a

groundbreaking, highly readable exposé that will change the way you look at the world.

Fed Up
Anchor Interviews with new parents about the gendered roles of mother and father
Interviews with new parents about the gendered roles of mother and father.

Best Sellers - Books :

- [I'm Glad My Mom Died By Jenette McCurdy](#)
- [Taylor Swift: A Little Golden Book Biography](#)
- [The Seven Husbands Of Evelyn Hugo: A Novel By Taylor Jenkins Reid](#)
- [It Starts With Us: A Novel \(2\) \(it Ends With Us\) By Colleen Hoover](#)
- [Mad Honey: A Novel By Jodi Picoult](#)

- [Twisted Games \(twisted, 2\)](#)
- [The Silent Patient](#)
- [How To Win Friends & Influence People \(dale Carnegie Books\) By Dale Carnegie](#)
- [Dark Future: Uncovering The Great Reset's Terrifying Next Phase \(the Great Reset Series\) By Glenn Beck](#)
- [Never Never: A Romantic Suspense Novel Of Love And Fate](#)