



Back on the Career Track: A Guide for Stay-at-Home Moms Who Want to Return to Work

By Carol Fishman Cohen, Vivian Steir Rabin

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Women revolutionized the workforce by entering professions in record numbers, but many stepped off the career track to care for their families. Now, these same women are forging new career paths by proving that they can return to challenging, meaningful careers after a break, and so can you. *Back on the Career Track* shows you how they are doing it and helps you learn from their successes and challenges. Step-by-step exercises, inspiring stories, sample resumes, and resource lists round out this engaging, well-researched look at when, how, and why women are returning to work after career breaks of a few months or many years. It offers the perfect first step and a handy resource to regularly reference as you successfully relaunch your own career. Visit them at WWW.iRELAUNCH.COM. Follow them on Twitter WWW.TWITTER.COM/iRELAUNCH "For those who say you can't go back, this book is the definitive rebuttal." —BusinessWeek "Cohen and Rabin have hit the nail on the head with this thorough, well-written, step-by-step relaunch guide for stay-at-home moms." —Library Journal (starred review) "This is a must-read before filling out any job applications, and it will become your go-to resource each step of the way." —Mom Central Book Reviews "Finally! A smart, practical, inspiring guide for moms looking to get back to paid work—without losing their minds." —Leslie Morgan Steiner, editor of *Mommy Wars*

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Editorial Review

From [Booklist](#)

Cohen and Rabin are two Harvard MBAs who stepped away from high-powered jobs to raise their children, then years later attempted to relaunch their careers. Faced with myriad challenges, the authors wondered if other women experienced the same struggles. Their business backgrounds show in the organized approach they take to guiding self-evaluation and assessing marketability. But they provide a more personal perspective through interviews with more than 100 women, from a broad career and economic spectrum, who remember the difficulties of relaunching their careers after hiatuses from 18 months to 20 years. They encountered less-than-supportive partners and children and skeptical prospective bosses, not to mention their own self-doubts. In a separate section, the authors offer accounts of women who succeeded in their relaunches, including former Supreme Court Justice Sandra Day O'Connor. Cohen and Rabin applaud a relaunch movement they hope will be so widely recognized that women will not be stigmatized for gaps in their résumés. A helpful and inspirational source for women reentering the workforce. Bush, Vanessa

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Review

"A terrific compendium of the issues, trade-offs--and opportunities--that Serious Moms recommitting to Serious Professional life will encounter." --Mary Lindley Burton, president, Burton Strategies, and coauthor of *In Transition: From the Harvard Business School Club of New York's Career Management Seminar*

"After you have talked your girlfriends to death, bored your husband with all your plans and even, in desperation, consulted your mother-in-law, let Cohen and Rabin show you how it is done. They will help you plan the step-by-step campaign that will get you back into the job market no matter how much time you have taken off." --Lisa Endlich, author of *Goldman Sachs: The Culture of Success*

"Candid, constructive, compelling... The authors provide realistic yet optimistic advice with examples on how to relaunch a career successfully." --W. Stanton Smith, National Director, Next Generation Initiatives/Human Resources, Deloitte & Touche USA LLP

"This guide is a wonderful and practical roadmap to 'on ramping' back into the workforce. If you're thinking about that journey, this book is the way forward!" --Anne Erni, Chief Diversity Officer, Lehman Brothers

"This comprehensive step-by-step guide to workforce reentry should be invaluable to women seeking to relaunch their careers. Real-life examples of success stories combined with a multitude of practical advice make this book a unique resource." --Constance C. Helfat, professor, Tuck School of Business at Dartmouth College

"Finally! A smart, practical, inspiring guide for moms looking to get back to paid work--without losing their minds." --Leslie Morgan Steiner, editor of *Mommy Wars* and columnist, www.washingtonpost.com

From the Publisher

"Cohen and Rabin have hit the nail on the head with this thorough, well-written, step-by-step relaunch guide for stay-at-home moms. Both Harvard MBA relaunchers themselves, they explore the role career plays in the quality of life for professional women by going beyond the mere dollars and cents. Readers are guided on their way with the "Re-launch Readiness Quiz" to help identify motivating factors and the "Job Building

Block" exercise to explore new career directions. The increasing availability of flexible work options and the newfound interest of employers are presented. The trade-offs and downsides of working motherhood are also honestly explored, as are many inspirational stories of successful relaunchers, such as Sandra Day O'Connor. A listing of resources, recommended reading, and sample résumés are provided. One of only a few books for the millions of professional women/mothers who are not working for pay; highly recommended for public libraries."

--Library Journal (starred review)

"For those who have put "former" in front of their once-triumphant titles, there's BACK ON THE CAREER TRACK: A GUIDE FOR STAY-AT-HOME MOMS WHO WANT TO RETURN TO WORK. Onetime stop-outs and Harvard MBAs Carol Fishman Cohen and Vivian Steir Rabin offer a tasty, anecdote-filled field guide to getting back in. Cohen and Rabin masterfully reveal the ambivalence felt by women who can afford to drop out yet may be conflicted about doing so. The book offers lessons on how to de-stigmatize résumé gaps and get spouses and kids to buy in to the idea of a return to work. For those who say you can't go back, this book is the definitive rebuttal."

--Business Week

Users Review

From reader reviews:

Vivian Obrien:

Here thing why that Back on the Career Track: A Guide for Stay-at-Home Moms Who Want to Return to Work are different and reputable to be yours. First of all studying a book is good but it depends in the content of the usb ports which is the content is as delightful as food or not. Back on the Career Track: A Guide for Stay-at-Home Moms Who Want to Return to Work giving you information deeper and in different ways, you can find any reserve out there but there is no guide that similar with Back on the Career Track: A Guide for Stay-at-Home Moms Who Want to Return to Work. It gives you thrill reading journey, its open up your eyes about the thing that will happened in the world which is maybe can be happened around you. You can actually bring everywhere like in area, café, or even in your approach home by train. In case you are having difficulties in bringing the printed book maybe the form of Back on the Career Track: A Guide for Stay-at-Home Moms Who Want to Return to Work in e-book can be your alternative.

Valentin Gonzalez:

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Robert Fox:

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