



Work Won't Love You Back: The Dual Career Couple's Survival Guide

Stevan E. Hobfoll, Ivonne H. Hobfoll

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This guide draws on the authors' own experiences to provide a light-hearted solution manual for dual-career couples. It describes the specific stresses that dual-career families experience and offers strategies for coping. The authors employ numerous brief case examples to illustrate each point. They focus on the conservation of resources - social, personal and financial - and encourage readers to analyze and rank various factors in their lives, such as leisure time, intimate times with one's partner, time with children and so on, thereby maximizing those factors most valued and most lacking. Questionnaires and checklists throughout the book facilitate self-analysis and communication between partners.



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