



Balancing Act: More than 50 essays on juggling life, love and work in a not-always obliging world

Heidi Stevens

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Comprising selections from "Balancing Act," the weekly column from *Chicago Tribune* lifestyle writer Heidi Stevens, this book is a colorful look at contemporary parenting and the joys and challenges that accompany being a worker, parent, partner, and individual. Through poignant professional interviews and endearing personal stories, Stevens offers advice on juggling life and work in a not-always obliging world.

Her experience as a mother of two small children and her journey from divorce to remarriage inform her lighthearted yet thoughtful tone in this deeply personal collection. The columns reflect on the challenges today's working parents face, and offer advice on how to find pleasure in daily tasks, focus your energy, and seek joy in small moments.

Balancing Act empathizes with parents during those moments of feeling adrift without a guide. It delivers sage advice through Stevens's journalistic diligence, asking experts and investigating both sides of a story. What sets this book apart most is the warm, open writing style that makes Stevens one of the *Chicago Tribune*'s most popular columnists. Readers can reflect on the ups and downs of being a parent, professional, and individual, while taking *Balancing Act*'s central theme to heart by learning to worry less and enjoy more.

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