

RELEASE 2020



Mummy's Guilt?

The Challenges and Wonders of Working Mums

Life as a working mum can be tough. You have to juggle with the demands of the workplace, maintain romantic sparks with your husband, spend quality time with your family and kids, have a social life and hopefully get a decent number of hours of sleep! But what if balancing work and family is actually not as hard as it's made out to be? Eleanor Lin, mum of a young boy and Regional Counsel (Asia Pacific) for a multinational, delves into her own personal experiences and provides much-needed counsel, tips and insightful anecdotes for other working mothers. She shares honestly about the less glamorous side of being a mum and provides readers with the essential "first-time mum" checklists. She also enlists the help of six other inspiring mothers who have worked their way to the top and gets their hard-earned advice on everything from work-life balance to leaning in, all of which to help you find your way. Their stories will remind you that you are not alone, and that an intellectually satisfying job and a happy personal life can be within reach. Honest, inspirational and empowering, *Mummy's Guilt?* provides a roadmap that helps working mothers manage and conquer the different lifestyle challenges a newborn often brings. It is a standard playbook that celebrates this epigram: Juggling career and motherhood can be your forte.

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ABOUT THE AUTHOR



ELEANOR LIN is Regional Counsel supporting the Asia Pacific Legal Department for a multinational in the oil and gas industry. A strong advocate on giving back to society, Eleanor volunteers her time and uses her mediation skills to manage conflict resolutions in the community. She sits as a mediator on several panels formed by the State Courts, Singapore Mediation Centre, Consumers Association of Singapore (CASE), Community Mediation Centre and Singapore International Mediation Institute. Eleanor graduated from the University of London with both a Bachelor of Laws (Hons.) degree and a Bachelor of Science in Management with Law degree. She is happily married with a son.

PRAISE FOR MUMMY'S GUILT?

“MUMMY'S GUILT? IS A USEFUL GUIDE FOR ALL NEW MUMS ...
OUT WITH THE GUILT AND IN WITH THE PRIDE! WE SHOULD ALL BE PROUD OF
OUR ACHIEVEMENTS AT HOME OR AT WORK. GUILT BE DAMNED!

JEANNIE ONG | FIRST FEMALE C-SUITE EXECUTIVE, STARHUB

“A FASCINATING READ FOR ALL WORKING MUMS AND DADS AS WELL.

RICHARD GIAM | FOUNDER & CEO, RAINMAKERZ

“A WORTHY READ FOR ANYONE WHO IS A WORKING,
STAY-HOME, GOING-TO-BE MUMMY.

KELLY CHONG | REGIONAL L&D MANAGER, APAC

“AN AMAZING BOOK THAT GIVES GREAT INSIGHT
AND PERSPECTIVE ON PARENTHOOD.

DR EUGENE HUANG | PERIODONTIST, BRISBANE