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Deborah Morley, Charles S. Parker

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Emotional Labor Rose Hackman, 2023-03-28 An urgent look at emotional labor Hackman's words reveal the agency of women is still possible while the power of care empathy and love in action can lead us to the best in our humanity Eve Rodsky New York Times bestselling author of Fair Play From Journalist Rose Hackman a deeply researched foray into the invisible uncompensated work women perform every day and a profound call to action A stranger insists you smile more even as you navigate a high stress environment or grating commute A mother is expected to oversee every last detail of domestic life A nurse works on the front line worried about her own health but has to put on a brave face for her patients A young professional is denied promotion for being deemed abrasive instead of placating her boss Nearly every day we find ourselves forced to edit our emotions to accommodate and elevate the emotions of others Too many of us are asked to perform this exhausting draining work at no extra cost especially if we re women or people of color Emotional labor is essential to our society and economy but it s so often invisible In this groundbreaking journalistic deep dive Rose Hackman shares the stories of hundreds of women tracing the history of this kind of work and exposing common manifestations of the phenomenon But Hackman doesn't simply diagnose a problem she empowers us to combat this insidious force and forge pathways for radical evolution justice and change Drawing on years of research and hundreds of interviews you ll learn How emotional labor pervades our workplaces from the bustling food service industry to the halls of corporate America How race gender and class unequally shape the load we carry Strategies for leveling the imbalances that contaminate our relationships social circles and households Empowering tools to stop anyone from gaslighting you into thinking the work you are doing is not real work Emotional labor is real but it no longer has to be our burden alone By recognizing its value and insisting on its shared responsibility we can set ourselves free and forge a path to a world where empathy love and caregiving claim their rightful Personal Finance For Dummies Eric Tyson, 2023-08-23 Sound personal money management advice with insights power for today s world Personal Finance For Dummies has been tackling financial literacy for 30 years This tenth edition continues to share the sound advice that s helped millions of readers become financially literate while demystifying the money matters of the current era Get familiar with the financial pillars of earning saving investing borrowing budgeting and protecting your assets Dig into modern concerns like navigating the housing market weathering the highs and lows of an unpredictable market evaluating new stuff like cryptocurrency and budgeting to achieve your financial goals Take the anxiety out of money matters by building a solid financial plan learning to spend and invest wisely and managing your debt Follow the advice that s helped readers for three decades Become financially literate so you can minimize debt and set realistic goals Learn the basics of investing and start making smart investment choices Demystify insurance so you can protect your health and your assets Control your spending and build better budgets so you can afford the big stuff Personal Finance For Dummies offers sound advice for all ages and levels of personal money management It's never too early or too late to start making sense of

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