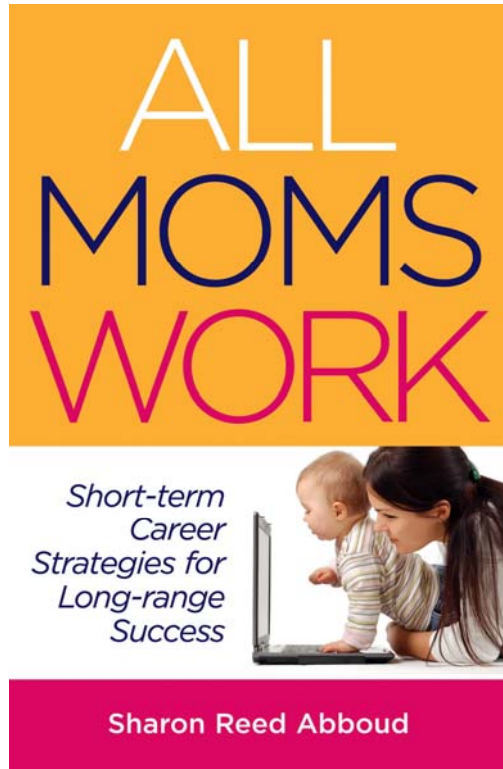


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STERLING, VA (April, 2009)—“Today’s volatile economy is putting stress on millions of families—especially those where mothers (and sometimes fathers) put their careers on hold to spend time with their young families,” says career expert Sharon Reed Abboud, author of the new book, *All Moms Work: Short-term Career Strategies for Long-range Success*.

In her new book, Ms. Abboud, herself the mother of four, addresses these vital financial and career concerns with smart short-term strategies for supplementing the family income—working from home, finding a good part-time job, or tackling a full time job to meet economic and/or career goals. Through interviews with all sorts of “working moms,” her book offers real solutions to achieving career goals and a work-life balance that focuses on child-rearing first.

1

For further information, review copies, and author interviews, contact Kathleen Hughes, 703-661-1511 or Kathleen@Booksintl.com

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Vital topics include:

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- Transitioning back to the workforce.
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“... a bible for women who are grappling with the dilemma of how to strike a balance between work life and parent life. Each chapter breaks down the choices that career women have to make, and provides essential information to inform and educate the reader about all their options. As a career coach and consultant, I will be putting this book on all my clients' reading lists.

—Cheryl Stein, Monster.com Personal Coach, Canada

“Aboud takes a sledgehammer to the myth that women must make an either/or decision about working. The reality is that part-time work is a meaningful option for millions of women who want to step back, but not completely away, from the full-time job market. All Moms Work is a valuable resource for any woman looking to combine work and family.”

—Kathleen J. Wu, Andrews Kurth Attorneys, LLP

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SHARON REED ABOUD is a writer specializing in career issues. She has written articles about careers and higher education for QuintessentialCareers.com, the *Washington Post Express*, *Succeed Magazine*, Back2College.com, and others. Her online articles have been linked by many sites of interest to career seekers. Sharon also answers questions as a career-planning expert for www.AllExperts.com and was an academic advisor and a career specialist at the American University, in Washington, D.C. Born in New York City, Sharon lives in Northern Virginia and is a stay-at-home career mother—balancing raising her children with being a full-time writer.