



# Vida de Equibrista (Portuguese Edition)

*Cecilia Russo Troiano*

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## **Vida de Equilibrista (Portuguese Edition)** Cecilia Russo Troiano

"No trabalho você pensa nas crianças que deixou em casa. Em casa você pensa no trabalho que ficou inacabado". Essa bem sacada frase proferida por Golda Meir há muitos anos expressa muito bem um sentimento marcante entre as mães que trabalham. É com esse coração dividido e com a sensação de que sempre estamos devendo alguma coisa a alguém que boa parte das mães equilibristas enfrenta o dilema da conciliação de papéis. Embora mais sobrecarregadas, as mulheres que se dedicam à dupla missão têm muito a comemorar. Depois das conquistas da vida profissional, a maternidade enriquece o dia-a-dia e desperta talentos adormecidos. A alegria de ser mãe e a capacidade de dar conta de tantos papéis nos faz dizer, com satisfação: somos heroínas! "Em Vida de Equilibrista", com prefácio de Fátima Bernardes, Cecília Troiano traduz esses dilemas apresentando uma ampla pesquisa realizada com 800 mulheres de todo o Brasil, relatos de especialistas e sua própria vivência como mãe e profissional.

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