



Maxed Out: American Moms on the Brink

By Katrina Alcorn



Maxed Out: American Moms on the Brink By Katrina Alcorn

Winner of a Foreword IndieFab Book of the Year Award

Katrina Alcorn was a 37-year-old mother with a happy marriage and a thriving career when one day, on the way to Target to buy diapers, she had a breakdown. Her carefully built career shuddered to a halt, and her journey through depression, anxiety, and insomnia—followed by medication, meditation, and therapy—began.

Alcorn wondered how a woman like herself, with a loving husband, a supportive boss, three healthy kids, and a good income, was unable to manage the demands of having a career and a family. Over time, she realized that she wasn't alone; many women were struggling to do it all—and feeling as if they were somehow failing as a result.

Mothers are the breadwinners in two-thirds of American families, yet the American workplace is uniquely hostile to the needs of parents. Weaving in surprising research about the dysfunction between the careers and home lives of working mothers, as well as the consequences to women's health, Alcorn tells a deeply personal story about “having it all,” failing miserably, and what comes after. Ultimately, she offers readers a vision for a healthier, happier, and more productive way to live and work.

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Maxed Out: American Moms on the Brink By Katrina Alcorn Bibliography

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Editorial Review

Review

“Alcorn's moving account is pertinent for American women and men who are trying to chase their own version of the American dream, and she offers helpful suggestions and techniques to combat the inevitable stress encountered along the way. An eye-opening, expressive narrative on an often hidden but common problem in American society.”

—*Kirkus Reviews*

“. . . the book is a brave admission that we are not all successfully managing our overbooked lives, and should not feel alone. On the whole, the book provides a powerful reminder that even well-to-do mothers do not thrive in our current system, that having a positive attitude, leaning in, or opting out aren't viable choices for many women, and that other countries (such as Denmark and Sweden) serve working mothers more effectively.”

—*Publishers Weekly*

“Alcorn tells a gripping story of how the demands of work and parenting sent her over the edge. She brilliantly connects her experience with key changes we must make to end the insanity and make work fit our lives.”

—**Joan Blades**, author of *The Motherhood Manifesto* and co-founder of MomsRising.org

“This is a deeply important story told by a highly gifted writer. So many working mothers are living in 'emotional debt' these days that this book is bound to strike a chord.”

—**Arlie Hochschild**, author of *The Second Shift*

“Katrina Alcorn wrote the book that desperately needed to be written. In *Maxed Out*, Alcorn goes where most memoirs don't, recounting the terror-inducing triple play of work, marriage and motherhood which give rise to extreme depression and anxiety. From her darkest days to her recovery, Alcorn tells an awfully compelling story, giving us insight into a world where most fear to tread, and inspiring us to rethink how we spend one of our most precious resources: our time.”

—**Robert Wilder**, author of *Daddy Needs a Drink*

“This is important, even essential, food for thought. We have to stop and take stock of our lives. We have to make sure that if it all ended tomorrow, we would feel right about the way we spent our time. That's the conversation this book wants to start.”

—**Kelly Corrigan**, *New York Times* bestselling author of *The Middle Place* and *Lift*

“Every once in a while you pick up a book that just grabs you by the scruff of your neck and commands your undivided attention. [*Maxed Out*] was just that kind of book for me.”

—**Sarah Welch**, BabyCenter.com

“. . . once I started reading, I couldn't put the book down. *Maxed Out* is elegantly written and beautifully structured, with a logical, almost inevitable narrative . . .”

—**Katherine Lewis**, About.com Working Moms

“. . . I could not stop reading even though it had become the deep, dark of night . . . [Alcorn's] story is

riveting, and it is one that will resonate with any mother, or woman thinking of becoming a mother, whether she works outside the home or not.”

—**Maureen Langloss**, Project Eve

About the Author

Katrina Alcorn is a writer and an experience design consultant. She holds a master’s degree in journalism and documentary filmmaking from UC Berkeley, and is a regular blogger at WorkingMomsBreak.com and for *The Huffington Post*.

Since 1999, Alcorn’s day job has been leading design projects with corporations in a variety of industries to help them put technology in the service of people. This work has given her an insider’s glimpse into dozens of companies—from Fortune 500s to small startups—and she has spoken at more than a dozen design conferences internationally. She lives in Oakland, California, with her husband and three children.

Users Review

From reader reviews:

Marlon Hood:

The feeling that you get from *Maxed Out: American Moms on the Brink* could be the more deep you looking the information that hide in the words the more you get interested in reading it. It doesn't mean that this book is hard to know but *Maxed Out: American Moms on the Brink* giving you excitement feeling of reading. The writer conveys their point in specific way that can be understood through anyone who read it because the author of this book is well-known enough. That book also makes your personal vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this kind of *Maxed Out: American Moms on the Brink* instantly.

Raymond Llamas:

This *Maxed Out: American Moms on the Brink* are reliable for you who want to be a successful person, why. The main reason of this *Maxed Out: American Moms on the Brink* can be one of several great books you must have is giving you more than just simple looking at food but feed you actually with information that possibly will shock your preceding knowledge. This book is usually handy, you can bring it everywhere you go and whenever your conditions in the e-book and printed types. Beside that this *Maxed Out: American Moms on the Brink* giving you an enormous of experience such as rich vocabulary, giving you demo of critical thinking that could it useful in your day activity. So , let's have it and revel in reading.

Leon Fisher:

Reading can called brain hangout, why? Because when you find yourself reading a book specifically book entitled *Maxed Out: American Moms on the Brink* your brain will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each and every word written in a publication then become one contact form conclusion and explanation this maybe you never get just before. The *Maxed Out: American Moms on the Brink* giving you yet another experience more than blown away your thoughts but also giving you useful data for your better life on this

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Michael Robinson:

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