

FOR IMMEDIATE RELEASE: 18 October, Australia - Sarah Maconachie's New Books Offer Lifelines to Working Parents Balancing Careers and Family

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Sarah Maconachie has channelled her experience of balancing work and parenting into two inspiring books: *Working Mothers, Inspiring Others* and *Working Dads and Balancing Acts*.

For Sarah, the transition from a successful career woman to a mother of three came with overwhelming pressure. Like many working mums, she found herself caught in the relentless cycle of trying to be everything to everyone—juggling work, raising children, managing a household, and maintaining some semblance of a personal life. She experienced:

- Guilt
- Exhaustion
- A sense of isolation

The Catalyst for Her Books

What made Sarah's experience even more challenging was the nagging question: *How do other parents do it?*

"I remember feeling completely conflicted and constantly guilty," Sarah recalls. "I was completely overwhelmed, trying to juggle my career, being a great mum, and feeling very average at both. I was desperate to know how other women were managing it all—without losing themselves in the process. But no matter how hard I looked, I couldn't find the answers I needed. And that's when it hit me—if the answers aren't out there, maybe I need to create them myself."

This moment became the catalyst for her debut books, *Working Mothers, Inspiring Others* and *Working Dads and Balancing Acts*. These books are:

- Raw and honest
- Deeply relatable guides for mums and dads
- Focused on parents on the brink of burnout or struggling with work-life balance

Content and Purpose of the Books

Through candid interviews, personal stories, and practical strategies, Sarah shares the wisdom she wished she had when she was struggling. She reflects:

“The guilt and confusion of what I really wanted was the worst part. No matter what I did—whether I was working or at home with the kids—I felt like I was failing somewhere.”

Sarah’s books offer:

- Insights from other parents
- Stories from both mums and dads
- Practical strategies for managing parenthood and work

A Dad's Perspective

As an advocate for gender equity, Sarah knew she couldn’t write a book for mums without including dads.

“My husband had experienced the challenges of having children and the same questions many dads face. He didn’t take parental leave as he was afraid it would affect his bonus or promotion. He regrets not spending that precious time with his kids,” Sarah explains.

Working Dads and Balancing Acts highlights the regrets and triumphs of fathers who have faced similar challenges. It shares stories of:

- Dads who regret not taking leave
- Dads who left their jobs for family time
- Dads who fought for flexible work arrangements

Interviews and Real-Life Experiences

In writing these books, Sarah reached out to dozens of working mums and dads across different industries. She aimed to understand:

- How they cope with the daily challenges
- How their childhoods influenced their parenting
- What strategies helped them stay sane and successful

From *Working Mothers, Inspiring Others*, Sarah shares:

“These women didn’t have it all figured out, but they found ways to cope and thrive, letting go of unrealistic expectations. It’s okay not to be perfect and to define success on your own terms.”

Empowering Working Mums

Sarah also reflects on her own journey—from losing confidence after the birth of her twins to reclaiming her sense of purpose. She openly discusses the toll of trying to be a “super mum” and how she learned to:

- Let go of guilt
- Embrace imperfection
- Find balance

“What I hope this book does is give mums permission to breathe,” Sarah says. “We’re so hard on ourselves, constantly striving for impossible standards.”

Working Dads: Reflection and Relief

The dads’ book is full of reflection and relief, sharing stories of fathers who faced tough decisions:

- Regret over not spending time with children
- Leaving jobs for parental leave or flexible arrangements
- Triumphant fatherhood moments

“We rarely hear dads’ real thoughts and feelings about parenting,” Sarah says. “This book is inspiring, raw, and brave—it’s a must-read for mums and dads alike.”

Support for Parents

These books are a lifeline for parents feeling overwhelmed by expectations. They offer:

- Actionable advice on managing time, setting boundaries, and finding self-care
- A testament to the power of community and shared experience

Since the release of her books, Sarah has received an outpouring of gratitude from parents who feel seen and understood.

In a market saturated with advice for parents, Sarah's books stand out for their real stories and practical strategies. Through her consultancy, *Work Hard Parent Hard*, she continues to support parents in finding balance, purpose, and fulfilment.

If you’re a working mum or dad feeling like you’re constantly walking a tightrope, *Working Mothers*, *Inspiring Others* and *Working Dads and Balancing Acts* are the guides you’ve been waiting for. Take the first step towards becoming a thriving working parent and order your copy today!