

Working Mother Recommends



Read It

A Thread of Grace, by Mary Doria Russell (fiction). From the author of *The Sparrow*, this sprawling WWII saga about the Jewish underground during the Nazi occupation of Italy is part historical thriller and part character study. A story of love and war, it speaks to the strength of the human spirit.

Time Off for Good Behavior, by Mary Lou Quinlan (nonfiction). CEO Quinlan offers a lifesaving solution for powerful women on the verge of a burnout: Take a break. Her real-life examples and specific exercises will inspire you to take a well-deserved time-out from the rat race.

Like a Lampshade in a Whorehouse: My Life in Comedy, by Phyllis Diller (nonfiction). Even if you don't share Diller's sense of humor, you'll enjoy this witty and insightful chronicle of her life and her career as the world's first and most successful female stand-up comic.

Entombed: A Novel, by Linda Fairstein (fiction). This creepy and riveting thriller follows brilliant sex-crimes prosecutor Alexandra Cooper as she tracks down a serial rapist and investigates a mysterious skeleton found in a building where Edgar Allan Poe once lived.

Mother-Daughter Wisdom: Creating a Legacy of Physical and Emotional Health, by Christiane Northrup, MD (nonfiction). The author explores feminine power—how it's passed from mother to daughter—and offers a blueprint to help all women develop healthier relationships.

Savage Summit, by Jennifer Jordan (nonfiction). Using journal entries, letters and interviews, Jordan, a journalist, pieces together the perilous journeys of the pioneering female climbers of K2, the "Savage Mountain": the world's second-highest peak, on the China/Pakistan border.

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Watch It

In movies like *Steel Magnolias* and *Shampoo*, beauty salons have been meccas of gossip and drama. Now, from the producers behind the *Barbershop* movies, comes a lighthearted tale of urban antics among the hair dryers. In **Beauty Shop**, award-winning rap icon Queen Latifah stars as a hairstylist who manages a salon in a run-down Atlanta neighborhood. Her frustration bubbles as the salon's very vocal customers show that they're more interested in speaking their minds than getting their hair done. For a sudsy good time, you can catch *Beauty Shop* in theaters on March 30. —Rachel Deahl



Click It

The carpool ran late, homework awaits, and you're standing in front of the fridge wondering how not to serve your kids chicken nuggets... again. Thanks to Aviva Goldfarb, cookbook author and mother of two, a stress-free solution to your evening time crunch is just a click away. Her weekly email newsletter, *The Six O'Clock Scramble*, provides five days' worth of healthy, kid-pleasing



recipes and a grocery list to match. The meals (for example, honey Dijon shrimp on Monday, Asian turkey burgers on Tuesday) typically have fewer than ten ingredients and can be whipped up in 30 minutes or less. "I wanted to take the hassle out of making dinner," Goldfarb says. "With my recipes, you only have to grocery shop once a week." The subscription costs \$4.95 a month. Sign up at www.thescramble.com. —Leslie Gross Klaff