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This book will tell you how to pump in an airplane, in a moving car, and virtually everywhere in between. This book will remind you you're not alone. We have dried breastmilk on our work clothes, too, and we're with you. This book is the anti-judgment, pro-sanity antidote to the Breastfeeding Wars. This book is a love letter to working parents.

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"Work. Pump. Repeat. is an incredible resource for breastfeeding moms going back to work. But this is also a must read for anyone working or living with a pumping mom, even the guys. Jessica's spirit comes through, irresistibly fun and honest you can't help but laugh and be humbled at the

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Work. Pump. Repeat: The New Mom's Survival Guide to Breastfeeding and Going Back to Work was inspired by my own experiences of literally circumnavigating the globe with a breast pump. I interviewed hundreds of working mothers and dozens of HR professionals to create the first practical, relatable, judgment-free guide for women who want to try to continue breastfeeding after they've returned to work.

~~Book by Jessica Shortall~~

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Meet the frenemy of every working, breastfeeding mother: the breast pump. Many women are beyond "breast is best" and on to figuring out how to make milk while returning to demanding jobs. Work. Pump. Repeat. is the first book to give women what they need to know beyond the noise of the

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Go Mommy Wars and judgment on breastfeeding choices.

Jessica Shortall shares the nitty-gritty basics of surviving the working world as a breastfeeding mom, offering a road map for negotiating the ...

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Work. Pump. Repeat. Updated: Feb 23. ... The CDC recently issued new guidelines for washing pump parts and if you want to follow these guidelines, one way to handle it is to have any many sets of pump parts at work as you have pumping sessions at work. Then you can wash them all in one batch, which will be much easier than doing it after every ...

~~Work. Pump. Repeat—The Manic Mama~~

Work. Pump. Repeat. is the first book to give women what they need to know beyond the noise of the "Mommy Wars" and judgment on breastfeeding choices. Jessica Shortall shares the nitty-gritty basics of surviving the working world as a breastfeeding mom, offering a road map for negotiating the pumping schedule with colleagues, navigating business travel, and problem-solving when forced to pump in less-than-desirable locales.

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Work, Pump, Repeat is a hilarious new breastfeeding book from a working mom executive who has traveled the globe and pumped in some of the strangest places. Work, Pump, Repeat. A Hilarious New Book on Breastfeeding We love

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Sharing breastfeeding advice to moms so we are in love with Jessica Shortall's hilarious new book *Work. Pump. Repeat.*

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The New Mom's Survival Guide to Breastfeeding and Going Back to Work, recommended doing as much problem-solving as possible before going on leave: Assess your job in terms of how it will work...

~~How to Keep Pumping When You Return to Work – The New York ...~~

Work Pump Repeat. 608 likes · 1 talking about this. The practical, relatable, and humorous guide to surviving the difficult, awkward, and rewarding job of being a breastfeeding, working mom.

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Work. Pump. Repeat. is an incredible resource for breastfeeding moms going back to work. But this is also a must read for anyone working or living with a pumping mom, even the guys. Jessica's spirit comes through, irresistibly fun and honest you can't help but laugh and be humbled at the same time.

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This is where *Work. Pump. Repeat.* comes in with extremely detailed advice on navigating the politics and logistics of the corporate world and pumping. With a friendly and yes even funny tone, author and Mom Jessica Shortall helps to lighten the mood surrounding this difficult task...She also makes it clear that all breastmilk is a success regardless of amount or duration of pumping.

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Meet the frenemy of every working, breastfeeding mother: the breast pump. Many women are beyond "breast is best" and on to figuring out how to make milk while returning to demanding jobs. Work. Pump. Repeat. is the first book to give women what they need to know beyond the noise of the "Mommy Wars" and judgment on breastfeeding choices.

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