work-life balance

Top-notch executive Indra Nooyi's statement, "Women can't have it all," has raised the career vs home debate yet again. This time, setting aside stereotypes, we ask a basic question:

CAN ANYONE HAVE IT ALL?

I don't think women can have it all, I just don't think so. Women... "Women can't have it all," said Indra Nooyi, CEO of PepsiCo, in a recent interview. When she was asked the question, she didn't want to answer.

Top-notch executive Indra Nooyi's statement, "Women can't have it all," has raised the career vs home debate yet again. This time, setting aside stereotypes, we ask a basic question: CAN ANYONE HAVE IT ALL?

WHY WE'RE OFF BALANCE

American author Rachel says the first thing to do is define what "all" means to you. Schuss has found that the balance project, an 800 number to interview accomplished women about work-life balance, found that 80 percent of respondents believed part of being a mother means taking care of their families, and an equal number said they would sacrifice their own needs to take care of their families. However, people do follow traditional gender roles in being the "man of the house" and the "woman of the house". That is not really changing, even though we're expecting more openness and change.

HOW TO SET IT RIGHT

In other words, patience, Anita Pendelton Park COO, Mariana Mid, Santa Barbara, CA, and psychiatrist Dr. Rachel Schuss, says, "Having it all is one big fairy tale. There are countless examples of highly successful men who've made an absolute mess of their family lives. We can't have it all, but we can have some of everything which could be called "balance", or a lot of things and a little of everything." 

Let's do what we can, have a realistic approach to life. Where I'm aware that mental stress does directly impact my health. I love my health and I must have an impact on my body, I'm not the only one who's having an impact. You just have high serum and testicular, you just have to do what you can, you have to have a realistic approach to life. Where I'm aware that mental stress does directly impact my health. I love my health and I must have an impact on my body, I'm not the only one who's having an impact. You just have high serum and testicular, you just have to do what you can, you have to have a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.

I'm not going to tell you how to make a realistic approach to life. Where I'm aware that mental stress does directly impact my health.