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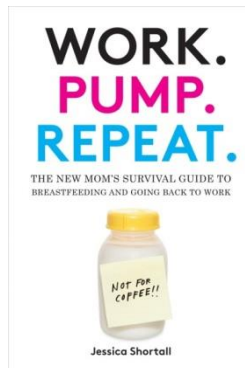
**CONTACT:** Claire Bamundo, Director of Publicity & Brand Strategy  
212.229.8823 / [cbamundo@abramsbooks.com](mailto:cbamundo@abramsbooks.com)

## **WORK. PUMP. REPEAT.**

**The New Mom's Survival Guide to Breastfeeding and Going Back to Work**  
**By Jessica Shortall**

**“Having such helpful tips and tricks in print will be a godsend to the back-to-work mom who doesn't have time for everything to go any less than smoothly.”**

*– Publishers Weekly, starred review*



The breast pump is the frenemy of every working, breastfeeding mother. ENTER **Work. Pump. Repeat.** (Abrams Image; September 8, 2015; U.S. \$19.95; Hardcover with jacket)—the first book to give women what they REALLY need to know on how to pump at work. Jessica Shortall shares the nitty-gritty basics of surviving the working world as a (twice over) breastfeeding mom. She offers a road map for negotiating a pumping schedule with colleagues, navigating business travel, and problem-solving when forced to pump in less-than-desirable locales. Shortall draws on the war stories and humor of working moms, as well as her own stories from her demanding job and travel in developing countries.

With wit and candor, Shortall provides moral support for the stress and guilt that come with juggling working and breastfeeding. She helps women figure out how to get pumping done in an array of typical and atypical situations. Namely how to (at least) appear to their boss and coworkers as the same great, nonexhausted, totally-have-it-together employees they once

were before they had their baby. “You are still that person, I promise. You might just have to fake it until you make it back to feeling that way yourself.” **Work. Pump. Repeat.** prepares women for that first day back at the office and holds their hand each step of the way—it’s an essential guide for every new working mother.

### **About the Author**

**Jessica Shortall** is a mother of two with a career dedicated to business and doing good. During her breast pump years, Shortall was the director of giving for TOMS. She holds an MBA from Oxford University.

### **About the Book**

#### **Work.Pump.Repeat.: The New Mom’s Survival Guide to Breastfeeding and Going Back to Work**

By Jessica Shortall

Abrams Image / September 2015

U.S. \$19.95 / Can. \$23.95

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“6 x 9”

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