

"You should've asked!": How to bring your partnership back to eye level



Laura Fröhlich
Mental Load

[Die Frau fürs Leben ist nicht das Mädchen für alles!]
What parents can gain by sharing their mental load

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With 10 b/w illustrations

Laura Fröhlich works as a journalist and in online marketing, and is a book author and mental load expert. On her successful blog "Heute ist Musik" she deals with compatibility, feminism and financial independence of women – topics on which she also holds workshops, webinars and lectures. After studying German literature in Constance and Vienna, she completed a publishing traineeship, worked in press relations and became self-employed as a lyricist and journalist. She is married and has three children. Read more at www.heuteistmusik.de

Corona reveals the state of emancipation: The crisis sends women back to the 50s and shows that it is still the mothers who wear themselves out in the family organisation. While mothers teach the children, cook and discuss about media times, their professional career falls by the wayside.

Fathers, on the other hand, like to close the door behind them while working from home so that they can work undisturbed. Even today, many men have little desire to spend time with the household chores and continue to leave the thinking and organizing work to their partners.

It is not easy for women to free themselves from this role. But something must change! In her empathetic and humorous guide, Laura Fröhlich describes in a responsive and accessible way how the mental load is created and why it is worthwhile to look for fair solutions together with your partner.

- Vivid descriptions and helpful advice

Press

"This book is a wake-up call. [...] Intelligent, accurate, and desperately needed. Every woman should read this. And then pass it on to two men." *Marlene Hellene, blogger and author*