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The at-home balancing act

By Amy Eagle

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When **Christine Walker** of Winnetka announced she would not be returning to her job as a sales executive for Tiffany & Co. after the birth of her second child two years ago, she said her colleagues "flooded" her with e-mails that said, "I'm so jealous. How are you able to do it?"

"I was doling out advice piecemeal," Walker said. She collected that advice into a book "The Smart Mom's Guide to Staying Home: 65 Simple Ways to Thrive, Not Deprive, on One Income" (Trafford Publishing, \$15.95). "I wanted to help other families do what I did," she said.

In the book, **Walker explains that balancing your checkbook is like balancing your diet--the key is moderation, not deprivation.** "If you continually deprive yourself, it won't work long term," she said.

Walker gives specific tips to help families cut back in commonsense ways, while allowing for affordable indulgences.

She also provides advice for charitable giving on one income, like shopping buy-one-get-one sales and donating the free item.

The guide can be purchased online at www.trafford.com.