

# Harmony of the Spheres

## A WORKING MOM'S LESSONS OF LOVE, STRENGTH & BALANCE



Career

Family

Community

**Farzanna Sherene Haffizulla, M.D.**

*Founder of House Calls MD and Busy Mom MD*

### ABOUT THE BOOK

Farzanna is a supermom: a wife, mother of four, business owner (founder of House Calls MD), physician, and leading advocate in her community. Juggling all these roles and moving from one sphere to the other—career, family, and community—takes the right combo of finesse, graciousness, shrewd planning, and mental and emotional clarity.

Can smart, ambitious women have it all? A rewarding career and a rich, joyous family and personal life? The answer is a resounding, "Yes!" With her book, Farzanna teaches you how to do it and to lead a happier, healthier, and more balanced life along the way.

With practical advice and poignant storytelling, this book helps working moms master the art of establishing an easy work-life balance plan, managing the demands of a career, the quirks of being a parent, while having the spare time to participate in community activities and to cultivate one's own passions and pursuits.

Career

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## PRAISE for HARMONY OF THE SPHERES

"Through challenging conventional wisdom and gender-based myths, Dr. Haffizulla has written a masterful account of the work-life balance women struggle with. Thought-provoking, yet simple, she is able to impart lessons on how to be a better parent, many of which she draws upon from her own personal trials and tribulations. This book is a road map for all trying to strike the right balance of life's competing interests."

-- David Maymon, CEO & Founder, Advocate Home Health

"A creative analysis by a notable professional woman. Dr. Farzanna Haffizulla brilliantly writes life lessons from her own experiences for all to learn. A book that anyone can enjoy whether they are man, woman, married or single."

-- Member, American Medical Women's Association

"I have enjoyed all of Dr. Haffizulla's book. I have personally known Dr. Farzanna for 14 years and have seen her balance her career, family, and community in perfect harmony. I wish this book was published 10 years back so I would have been better organized with my kids, their activities, and my career. She continues to inspire me!"

-- Kiran Parikh, Proud mom of children studying at Boston University Medical & Harvard University

\$9.99 E-book  
\$39.95 Color paperback  
Available at:  
[www.Amazon.com](http://www.Amazon.com)  
[www.BusyMomMD.com](http://www.BusyMomMD.com)  
[www.HouseCallsMD.us](http://www.HouseCallsMD.us)

# SNEAK PEEK at...

## Harmony of the Spheres

**CH1** Finding Your Way:  
First Steps to Finding  
Your Work-Life  
Balance Plan

**CH2** Work Sphere –  
Managing Your Career

**CH3** Family Sphere –  
Managing Children,  
Hearth, and Home

**CH4** Community Sphere –  
Cultivating a Rich Life  
Outside Work and  
Home

**CH5** Timesavers, Schedules,  
and Budgeting Tips -  
Guides and Tools for  
Managing What  
Matters

### Helping working moms do the following:

- Establish a personal work-life balance plan through a series of self-reflections;
- Rev up your career by drawing on your strengths as a parent; deal with the stress of workplace discrimination and negotiate flexible work arrangements with your employer; cultivate work passions;
- Create family bonding experiences with activities and traditions; manage childcare, disciplinary issues, and household chores like a pro; nurture a strong marriage with your "Partner in Parenting"; and tactfully set boundaries and personal space.
- Form crucial support networks and figure out the values most important to you and your family.
- Juggle work, family, community activities and responsibilities with grace creating lifelong memories of joy, gratitude, and civic pride.

WHAT'S INSIDE?

"The first time I saw the strong heartbeat of my baby on the ultrasound monitor during a check-up, this little life growing inside me, I was humbled. Suddenly, the anxiety about disrupted schedules and plans seemed so petty...I made a decision right then and there that I would make this work. Even with our busy lives, I would exert three times the effort. Little Zarina would be the inspiration...I studied harder and focused better by virtue of the fact that I knew I was going to be a parent."

From Chapter TWO, "Work Spheres - Managing Your Career"

## SPHERE 1 - CAREER: Lesson Learned

### Cultivating Your Work Passion

1. Identify the problem you want to change.
2. Do your research and due diligence.
3. Simplify your work.
4. Follow through and launch!

Choose the path that brings more responsibility, and embrace ambition wholeheartedly. But make sure your career plans always take into account your family priorities.



\$9.99 E-book  
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[www.HouseCallsMD.us](http://www.HouseCallsMD.us)

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## Harmony of the Spheres

“Your children gain tremendously from your own experiences, passions, and pursuits. Stories from your childhood help your kids develop empathy and respect for you and give them a full picture of you as a person... By showing them a range of reaction to tough situations, they learn to see you as a real person— not someone who mechanically feeds them, picks up after them, and drives them around. In seeing how you deal with challenges, they also imbibe lessons about perseverance and emotional and mental grit.”

From Chapter THREE, “Family Sphere – Managing Children, Hearth, and Home”

### SPHERE 2 - Family & Home: Lesson Learned

#### Building the Bonds of Family

1. **Don't try to be perfect.**
2. **Share your work life and passion with your family.**
3. **Practice and respect family traditions.**
4. **Have one-on-one moments with your kids.**

Take time out to put in playtime. These are opportunities to experience the big and little things with your children. While these experiences and little moments may seem disruptive to busy moms, they actually add up to important milestones in your child's development.



“Delegating work is one of the most important jobs as a leader. In many ways, there is an art to it, almost like being a parent. On one hand, you want to project authority, which ensures that people follow you as a leader and do the work they have been assigned. On the other hand, you want to project kindness and support, making sure there are incentives in place to motivate people to work. I dole out praise and kudos when the situation calls for it, but also make sure I provide constructive criticism in areas that need attention.”

From Chapter FOUR, “Community Sphere – Cultivating a Rich Life Outside Work and Home”

### SPHERE 3 - Community: Lesson Learned

#### Instilling Community Values

1. **Curiosity and passion.**
2. **Compassion and selflessness.**
3. **Multiculturalism and plurality.**
4. **The importance of family.**

Helping others as a family creates lifelong lessons for your children— more than what they can learn in books or in school. In the act of making a difference, they feel first-hand the joys of helping another human being and learn to feel as if they're a part of a greater global community.

