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Power moms: Juggling it all, and doing it well

Chicken Soup for the Soul® inspires and supports stay-at-home and work-from-home moms

COS COB, Conn. – Get up at 5:00 AM. Make breakfast. Get kids ready for school. Drop off. Check email. Bake cupcakes for class party. Plan PTA meeting. Pick up kids. Drive to soccer/ballet/Scouts. Sound familiar? For today’s “power moms,” life is a constant juggle. These busy stay-at-home and work-from-home mavens somehow manage to balance kids, their communities, and sometimes work, but if you’re a power mom, you know that not every day runs smoothly. Cupcakes get dropped, kids are late to school, your minivan tire gets a flat. Wouldn’t it be nice to reach out to other moms-in-the-trenches?

Chicken Soup for the Soul: Power Moms (Chicken Soup for the Soul Publishing, LLC, March 2009, 978-1-935096-31-3, \$14.95) offers stories and support for moms everywhere. Inside, Jack Canfield, Mark Victor Hansen and veteran power mom Wendy Walker offer an inside look at these amazing women, as they navigate the ups and downs of motherhood. With stories by Lynne Spears, Liz Lange, Mary Himes, Melora Hardin, Jodi Picoult, Jillian Reynolds, Dooce.com’s Heather Armstrong, Jane Green, Elise Chidley, Jill Kargman, Victoria Colligan, and other power moms all over the country, as well as a foreword by *The New York Times*’ Lisa Belkin, it’s a go-to source for every mom who needs advice, perspective, or a good laugh.

In her story “A Mother’s Intuition,” Britney Spears’ mother Lynne Spears writes about the sixth sense every mom possesses. “It’s our job as moms to act on that sixth sense we have, the one that tells us something is not as it seems,” she writes, recalling one of Britney’s first pageants – a pageant she reluctantly agreed to let her daughter do. “The pageant lived up to my fears, and then some. The mothers were appalling backstage, fussing over their daughters and backstabbing the other contestants. I put her in the wrong dress (it didn’t even fit properly) and the wrong kind of socks. Britney ended up placing near the bottom, and the poor little thing was in tears. When I ignored [my mother’s intuition], the result was tears and a very unpleasant day,” says Spears.

On the flip side, mother and bestselling author Jodi Picoult talks about a different kind of day: The day of a working mom. In “The Second Shift,” she recalls her struggle transitioning from a nine-to-five writing schedule with a nanny to help with kids, to no nanny, no nine-to-five, writing only when her husband Tim came home after six. “Some things you just can’t do with three kids who are awake,” writes Picoult. “You can’t drink a cup of hot coffee – someone’s always tugging on your leg. You can shop for groceries, but it becomes an Olympic event.”

But once she embraced her role as a full-time mom, Picoult noticed an interesting shift. “I stare at my computer, where I am supposed to be mulling over the plot and characters of a new novel,” she writes. “But I find myself thinking instead of my own children, characters who have taken the story of my own life and have given it twists stranger and far sweeter than in any fiction.”

In *Chicken Soup for the Soul: Power Moms*, you’ll also read about:

- How Liz Lange raised her children while building a maternity clothing empire
- How bestselling author Jane Green left an unhappy marriage, became a single mom, and devoted herself to her kids and writing career
- How Wendy Walker wrote her first novel from the backseat of her minivan
- How Melora Hardin of NBC’s *The Office* helped her daughter overcome a fear of heights
- How grateful husbands stand in awe of their do-it-all wives

Chicken Soup for the Soul: Power Moms (Jack Canfield, Mark Victor Hansen and Wendy Walker) releases in March 2009. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold more than 112 million copies, with titles translated into more than 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world’s premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: www.chickensoup.com.

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To schedule an interview, or to receive a review copy of *Chicken Soup for the Soul: Power Moms*, please contact Tolly Moseley at (512) 478-2028 ext. 213 or tmoseley@phenixpublicity.com.