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## A survival guide for every multitasking mom

*Chicken Soup for the Soul shares inspiring stories and great tips for busy moms*

**COS COB, Conn.** – When Randi Mazzella was given a pendant with her own initial, an “R,” she couldn’t even imagine wearing it instead of her children’s initials. Then she realized why: “I was slowly starting to lose my own identity.” Randi never made time for herself. She set about changing that and joined a spin studio, volunteered more, took a writing class and started selling some of her work! “I am learning and growing,” Randi writes, “and that makes me happier – and a better mother.”

Busy moms will want to carve out some “me time” to relax and read the 101 stories in ***Chicken Soup for the Soul: The Multitasking Mom’s Survival Guide*** (Chicken Soup for the Soul Publishing, LLC, **March 18, 2014, 978-1611599336, \$14.95**). From taking time for yourself and slowing down, to handling housework and juggling a career, this collection will support, inspire and entertain you as you try to do it all. Plus, you’ll pick up some great tips from other busy moms who pass on their best advice.

Stories like Marya Morin’s show us how important it is to slow down. As she raced to prepare for a dinner party one day, Marya realized she was neglecting her young son. “While I was accessible to everyone else,” she writes, “I was becoming less available to my own family.” Marya dropped everything, canceled her dinner and took her son to the park. The next day she implemented Special Hour – one undisturbed hour with her son several days a week. Marya says she “discovered the importance of making time for what was most precious in my life – before being a busy mom made me too busy to be a mom.”

And then there are those times you have to get creative. Like Ann Kronwald did when she was facing a last-minute repeat visit from prospective homebuyers. Ann had thirty minutes to clean – no easy feat with four young children who had just been baking. “The task was impossible. But I grew up with the saying, ‘You just do what you have to do,’” Ann writes. In a panic, she stashed everything, including dirty dishes, in her van in the garage. It worked and they went to contract on the house the next day!

Every multitasking mom is sure to pick up some helpful pointers from this entertaining collection!

### **ABOUT CHICKEN SOUP FOR THE SOUL**

Chicken Soup for the Soul publishes the famous Chicken Soup for the Soul book series. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable books in the last quarter-century. With over 100 million books sold to date in the U.S. and Canada alone, more than 250 titles, and translations into more than 40 languages, “chicken soup for the soul” is one of the world’s best-known phrases. Today, 20 years after it first began sharing happiness, inspiration and wellness through its books, Chicken Soup for the Soul continues to delight its readers with new titles, but has also evolved beyond the bookstore. Its high quality products include wholesome and balanced pet food that recognizes the unique relationship between pets and people and a new line of delicious nutritious comfort food inspired by the connection between food and feelings. Chicken Soup for the Soul is “always there for you™.” For more information visit [www.chickensoup.com](http://www.chickensoup.com).

**To receive a review copy of *Chicken Soup for the Soul: The Multitasking Mom’s Survival Guide* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or [shelby@sheltoninteractive.com](mailto:shelby@sheltoninteractive.com)**

