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The Adventures of a New Mom

Susan M. Heim and Chicken Soup for the Soul share touching and relatable stories of motherhood

COS COB, Conn. – “Mom, I’ve changed my mind. Can you come and help?” begged Ronda Ross Taylor, a new mom who finally realized that caring for a baby wasn’t as easy as she’d expected. Can you relate? Or maybe your experiences mirror those of Melissa Face, who received an abundance of unsolicited advice from everyone around her after announcing her pregnancy. Face realized that, although the advice wasn’t always helpful, it was coming from a place of love and should be embraced. “It takes a village to raise a child, perhaps even to bring one to full term. And every village needs a police force.” Mary Jo Marcellus Wyse has her own advice to offer new moms: Savor every minute you get to hold your child close—even during those exhausting nightly feedings—because they’ll be over before you know it.

Becoming a new mom is the most amazing and life-changing event. *Chicken Soup for the Soul: New Moms* (Chicken Soup for the Soul Publishing, LLC, March 8, 2011, 978-1935096634, \$14.95) celebrates the physical, emotional, and spiritual experience of having a child and creating a family. New and expectant moms will delight in these heartwarming, insightful, and humorous stories about raising babies and toddlers. They share the wonders of early motherhood, the wait for a baby (whether through pregnancy, adoption, or surrogacy), those challenging early weeks and first few years, and everything in between!

Chicken Soup for the Soul: New Moms co-author Susan M. Heim believes, “We are all ‘new moms’ because there are always new challenges and new pleasures, regardless of the age of our children.” Heim’s relatable outlook on motherhood provides readers with comfort and understanding of what it’s like to be a new mother. In this book, she shares her story of becoming a “new mom” for a second time after the birth of her twins in 2003—eleven years following the birth of her second child. Heim is a longstanding author and editor, specializing in parenting, women’s and Christian issues.

Heim encourages readers to cherish every experience as a new mom. “I realize with sadness that I really miss the days of rocking a baby through a sleepless night, even though it’s accompanied by exhaustion. I know now that the potty-training days I thought would never end were just a blip in my children’s many milestones.”

As readers cherish the wisdom inherent in these stories, they will also be able to empathize with new mom, Shelle Lenssen, who couldn’t help but notice the perfectly polished mother at the grocery store on a day when she couldn’t possibly look more disheveled. The other mom had her feeling as though she was falling short in so many aspects of her life. But she soon realized that comparisons would get her nowhere. What really mattered was the beautiful baby fast asleep in her rearview mirror. Being a new mom, we all discover, isn’t about perfection. It’s simply about love.

Chicken Soup for the Soul: New Moms (Jack Canfield, Mark Victor Hansen, and Susan M. Heim) will be released on March 8, 2011. 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 & Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees. 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, inspiration and wellness. 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 receive a review copy of *Chicken Soup for the Soul: New Moms* or to request an interview, please contact Beth Gwazdosky at (512) 921-8148 or beth@sheltoninteractive.com.