



FOR IMMEDIATE RELEASE

CONTACT: Rusty Shelton (512) 785-4469

## Multitaskers and master jugglers: Every mom is a "Power Mom"

*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? Every mom is a master juggler and a powerful multitasker – a “power mom” – and for her, life is a constant balancing act. These moms juggle the competing demands of children, husbands or single life, home maintenance, fitness, full or part-time work, pets, and volunteering, while struggling to maintain their own identities and carve out a little “me” time. Wouldn’t it be nice to get some support from other power-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, laughs, and encouragement for moms everywhere. The book celebrates hard-working moms, with 101 stories written by “power moms” for each other, sharing their common experiences as new moms, experienced moms, or empty nesters who are finally getting a chance to reflect on their marathons. Stories by regular moms and celebrity moms such as Liz Lange, Melora Hardin, Jane Green, and Lynne Spears all sound the same themes – “power moms” juggle all day long, and they do it beautifully.

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 Terri Major-Kincade gave up her medical practice for a more fulfilling career as a stay-at-home mom
- How Liz Lange raised her children while building a maternity clothing empire
- How Renee Sklarew started “Moms of Chronically Ill Children” to support other moms facing unimaginable challenges
- How bestselling author Jane Green left an unhappy marriage and devoted herself to her kids and writing career
- How Patti Woods learned to let go and nurture independence in her son
- How Wendy Walker wrote her first novel from the backseat of her minivan

*Chicken Soup for the Soul: Power Moms* (Jack Canfield, Mark Victor Hansen and Wendy Walker) released 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](http://www.chickensoup.com).

###

**To schedule an interview, or to receive a review copy of *Chicken Soup for the Soul: Power Moms*, please contact Rusty Shelton at (512) 785-4469 or [rusty@sheltoninteractive.com](mailto:rusty@sheltoninteractive.com).**