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## Stay-at-home moms: Master jugglers and multitaskers

*Chicken Soup for the Soul inspires and supports stay-at-home moms of all ages*

**COS COB, Conn.** – Get up at five. Make breakfast. Get kids ready for school. Drop off. Check e-mail. Bake cupcakes for class party. Plan PTA meeting. Pick up kids. Drive to soccer/ballet/Scouts. Sound familiar? Stay-at-home moms are master jugglers and powerful multitaskers, and for them, 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 from home, 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 stay-at-home moms in the trenches?

*Chicken Soup for the Soul: Stay-at-Home Moms* (Chicken Soup for the Soul Publishing, LLC, March 20, 2012, 978-1935096825, \$14.95) offers stories, laughs, and encouragement for stay-at-home moms everywhere. The book celebrates hard-working moms, with 101 stories written by stay-at-home 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 Jodi Picoult, Liz Lange, Melora Hardin, and Jane Green all sound the same themes—stay-at-home 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 attend. “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,” Spears says.

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 6 p.m. “Some things you just can’t do with three young kids who are all awake,” Picoult writes. “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 Olympian 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 children, characters who have taken the story of my own life and have given it twists stranger and far sweeter than in any fiction.”

*Chicken Soup for the Soul: Stay-at-Home Moms* (Jack Canfield, Mark Victor Hansen and Wendy Walker) releases on March 20, 2012. 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](http://www.chickensoup.com).

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