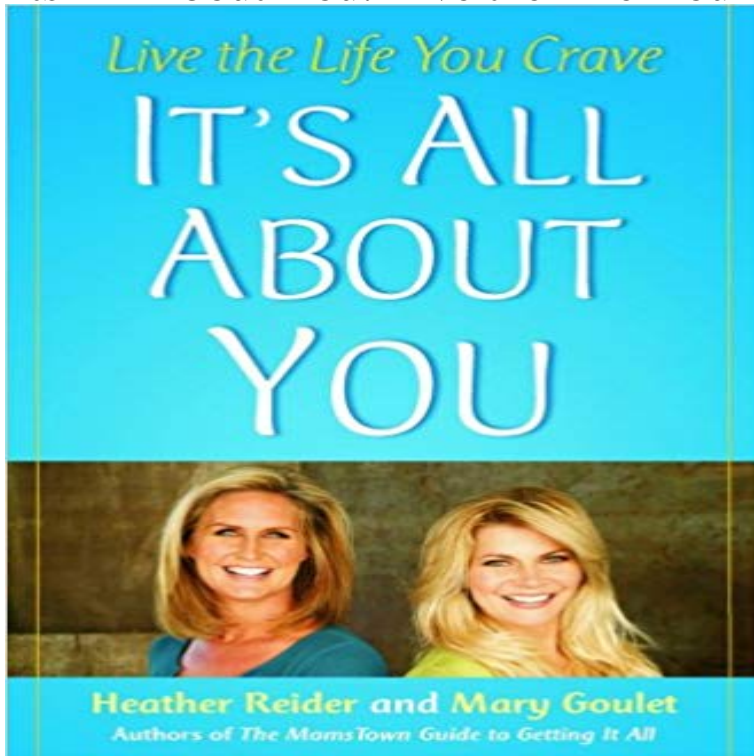


Its All About You: Live the Life You Crave



Get more time, get more organized, get more money, get more energy, and get more joy out of your life. Being a mother is amazing, although motherhood is not always easy. Getting the kids off to day care and school every weekday morning, juggling all of your to-dos while trying to fit in time for the gym, and always wondering what you'll make for dinner can be overwhelming, stressful, and exhausting. And these are just some of the daily challenges moms everywhere face. Wouldn't it be great to have a more peaceful and streamlined home life? Wouldn't it be great if all of these things that you love doing could be made more enjoyable? Wouldn't it be nice to have a life and be the loving Mom that you always wanted to be? *Its All About You* is a book that looks to do just that -- provide moms with real advice on how to balance love, family, work, money, health, and every other issue that life brings. And to bring back passion to the life that you crave. Mary Goulet and Heather Reider are the founders of MomsTown, Inc., and the online radio hosts of *The Mary & Heather Show*. Now, in response to the hundreds of thousands of moms who ask for a plan on how to get their lives back -- from having a healthy sex life to finding more time and earning more money -- Mary and Heather have assembled all the real advice from their personal experiences as mothers as well as from other moms and specialists. Their message is simple: Moms shouldn't hide behind motherhood and wifedom. Instead, they should get out there and live the lives they crave! *Its All About You* is filled with caring, helpful support for the overextended mom, with insightful suggestions on how to find the perfect balance between living a richer, fuller life and being the best mother you can possibly be. Mary and Heather -- witty, fun, and honest -- know what it's like trying to have it all. And they've found the way to be

successful at it! Not only do they share their experiences of their busy lives as mothers and wives, but also of starting their business together and sharing secrets from the MomsTown Big Break, an opportunity that any entrepreneurial-minded mom can't miss.

Its All About You covers time management, organization, money, sex, meals, and business -- issues that busy mothers struggle with, often alone or with little help or support. With inspiring examples, true stories, and sound advice and plans, Mary and Heather make all moms feel empowered about themselves and their opportunities.

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