

New Book helps Mom say “ME First!” **“Mom Management™” By Tracy Lyn Moland Helps Women Include Themselves on List of Priorities**

Los Angeles, CA - - Today, women play more roles than ever before: Wife, Mother, Teacher, Daughter, employee or Business woman. Many of us never realized, when we decided to become parents, how much time day-to-day parenting actually takes. During the course of a busy day how do women find time for themselves, let alone a five-minute shower?

It IS possible – and absolutely necessary – for every mom to find a balance in her life and forge an identity apart from her role as mother, according to Tracy Lyn Moland, author of *“Mom Management™: Managing Mom Before Everybody Else”* (Mint Publishers Group; 2004; \$14.99/trade paperback; ISBN 0-9730704-0-4). Using quotes, suggestions and ideas from mothers all over the world, as well as her own experience, Moland provides hope and encouragement to her readers. She shows women how they can reclaim their sense of self and become better parents in the process. The secret: using effective management skills to explore dreams, set goals, and organize time and space.

When her children were two and four years old, Moland realized she had lost her sense of self. She embarked on setting and reaching several goals, which lead to the writing of her ground-breaking book. *“During the long process of finding my true self again, I also became a better mother,”* says Moland. *“We cannot survive as a person or as an effective mother without taking care of ourselves. Self care is not selfishness but rather a necessity.”*

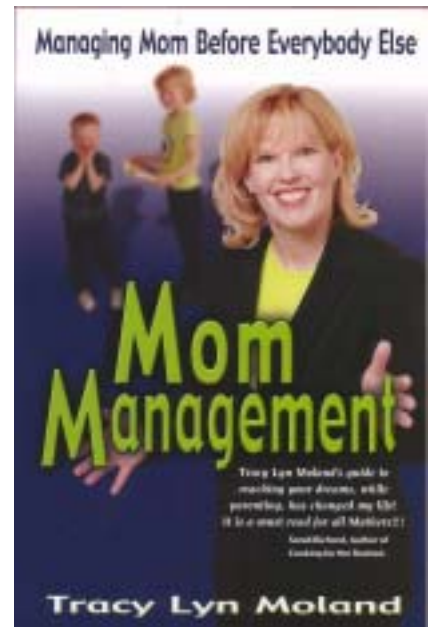
The ideas and activities Moland outlines in *Mom Management™* includes learning:

- the importance of including yourself on your list of priorities
- how to create and set realistic goals
- how to deal with issues of balancing the many roles we play in life
- how to juggle motherhood and career successfully
- effective and practical strategies to gain and create more “ME Time”.

Coupled with a dose of humor, the book provides the motivation and guidance for moms everywhere to re-discover their dreams, nurture their sense of self, and find the ME in the midst of WE.

Tracy Lyn Moland lives in Calgary, Canada with her husband and two children. She is a frequent guest on Canadian television and featured in numerous magazines and newspapers. Moland is a sought-after speaker and consultant specializing in providing solutions to mothers and those who sell to them. *“Mom Management”* is currently on the best-seller lists in Canada. Visit www.MomManagement.com for more information.

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