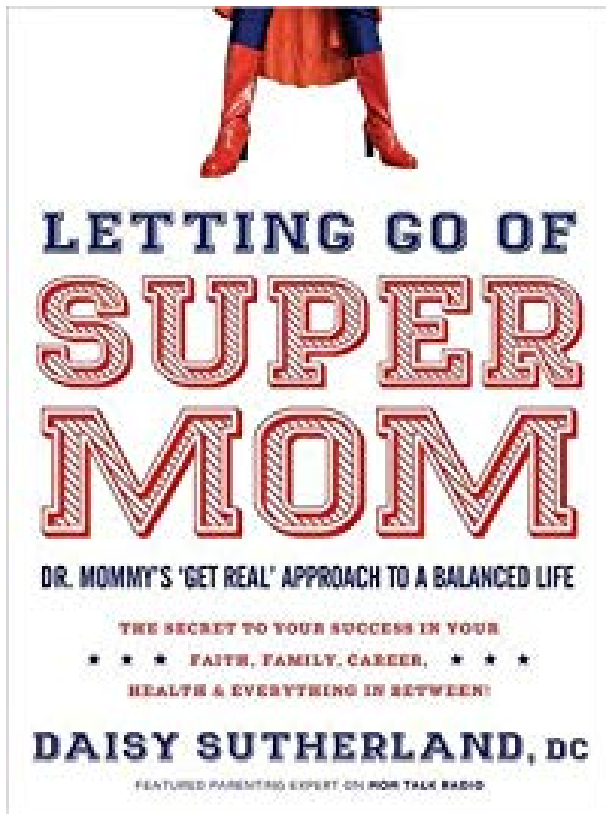


Letting Go of Supermom: Dr. Mommy's "Get Real" Approach to a Balanced Life



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Everything a busy mom needs to know from a parenting expert, alternative health advocate, businesswoman, and a social media powerhouse! In the spirit of her very active blog, Internet radio and TV shows, and her previously published book *Dr. Mommy's Life*, this book will be chock-full of hip tips, sidebars, and techie tools and carry her signatures and brand throughout with chapters such as "Dr. Mommy's Tips" and "Dr. Mommy Says." Moms today do it all from running Fortune 500 companies, managing large ministry organizations to running a tight ship at home. With *Letting Go of Supermom*, mothers will not have to feel like they are alone in the fight to stay on top of it all. Dr. Mommy is here to give them the tools and resources they need.