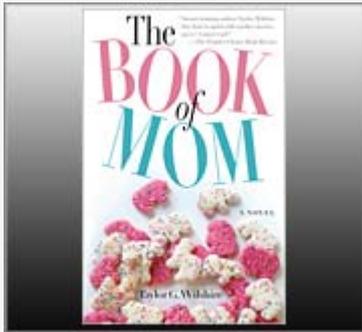


Taylor Wilshire's 'Book of Mom' Delivers Help and Balance for Overwhelmed Moms

SAN DIEGO, Calif., April 4 (SEND2PRESS NEWSWIRE) – Taylor Wilshire, award-winning author of “The What-If Guy” (ISBN: 0-9778018-02), brings inward and outward balance for moms in her new novel, “The Book of Mom” (ISBN: 978-0-9778018-1-7, Nautilus Press).



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For moms who feel stuck, frustrated in life; needing help in their marriage or help parenting, Wilshire offers solutions that work. “It’s easy to lose your sense of self when pulled in all directions. The key is to take care of yourself first before helping others.”

Inspirational and thought provoking, “The Book of Mom” embraces the core of motherhood as it takes readers along on a journey of self-discovery and healing. Every mom will recognize the challenges of tackling the larger issues of life while keeping up with the exhausting day-to-day routine and will appreciate discovering that with help, anyone can find inward and outward balance.

“Parenting has never been harder with distractions that keep you from being present in the moment.” Wilshire delivers valuable conscious parenting techniques that work, but more importantly, she offers solutions in an entertaining and enlightening way that bring balance and authenticity to the role of the modern mom.

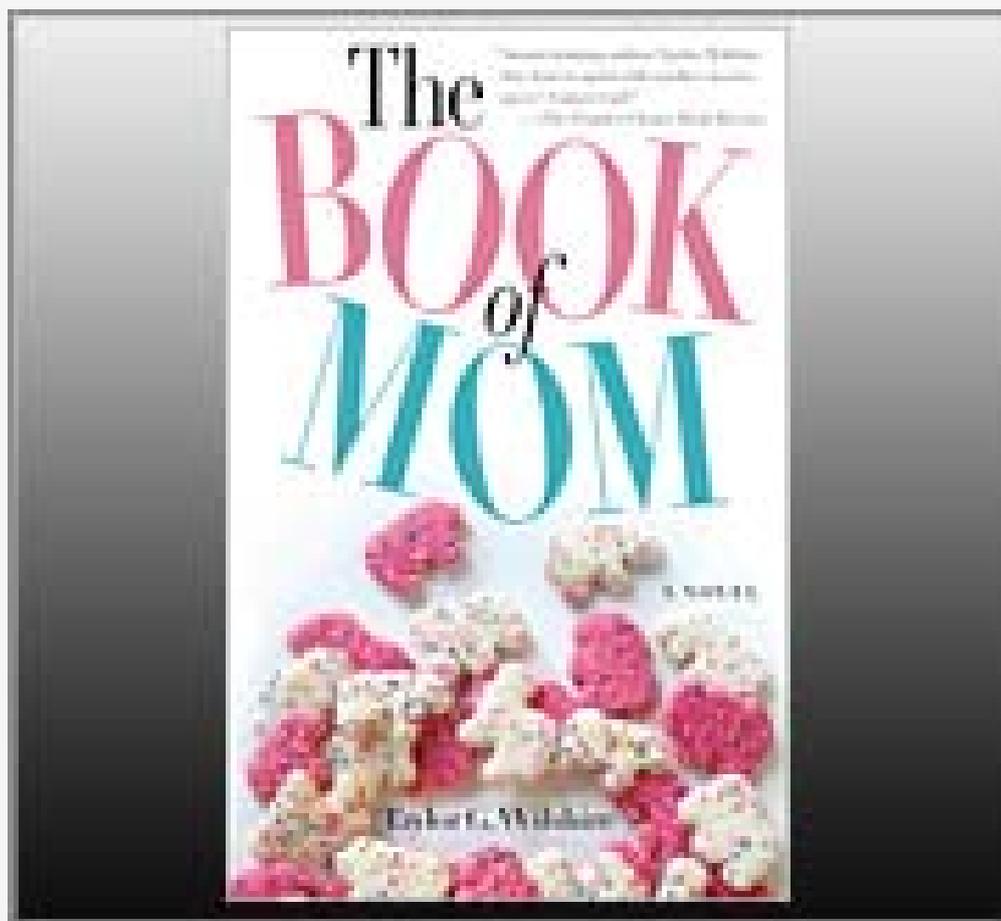
In addition to being an award-winning author, Wilshire is also an ordained minister and former Fortune 500 executive. She is a sought after motivational and inspirational speaker and is one of the dating experts on the panel at: www.savvymiss.com.

“Award-winning author, Taylor Wilshire has done it again with another masterpiece! A must read!” – The People’s Choice Book Review.

Taylor Wilshire has been featured on NBC Morning News, Fox Morning News, KUSI morning-San Diego, and Los Angeles Cable on the “Joan Quinn Profiles.” She has been featured in over 1,000 regional newspapers and has broadcast on over 40 radio stations, including National Public Radio (NPR), and Project Health Radio out of Chicago, XM Satellite Radio, and many more.

For more information about the author and the book, visit: www.bookofmom.net.

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