

MOTHERHOOD TO OTHERHOOD

Goal ideas to get you started from *MOTHERHOOD TO OTHERHOOD* by Julia Roberts

MOMS: Reclaim what you learned in pregnancy to grow something big and new in your life. Here's a short list of dreams and goals to get you started:

Trimester 1/SELF

- Don't diet—embrace your body
- Quit smoking
- Get therapy
- Keep a journal
- Build your vocabulary
- Live without fear

Trimester 2/LOVE

- Go out with friends more
- Create a weekly date night with your husband
- Seek romance after divorce
- Spend time alone with each child
- Decorate or renovate rooms with the kids' input
- Address issues with parents, siblings, or in-laws

Trimester 3/WORK

- Start a company
- Earn a professional certificate or degree
- Take a career seminar
- Volunteer at a homeless shelter or soup kitchen
- Take a seat on a not-for-profit board
- Make a difference in your town in a way that matters to you

Publicity Contact: Seta Bedrossian Zink
Running Press Book Publishers
215-567-5371
seta.zink@perseusbooks.com