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Use the Lessons Learned as a Mom to Create a New Life

MOTHERHOOD TO OTHERHOOD **Step Up to a New You**

By Julia Roberts

There are 60 million moms in America—busy taking care of kids, husbands, homes, jobs, careers—and they’re often putting their own needs and wishes last (or even aside) in their selfless quest to protect and nurture loved ones. And while raising children and being the best mom possible can be all-consuming, there comes a time in just about every mom’s life when they dare to ask the question “what about me?” This Mother’s Day, how about a gift that moms can give themselves? ***MOTHERHOOD TO OTHERHOOD*** (Running Press; April 2008; paperback, \$14.95) by life coach Julia Roberts shows women how to apply the lessons they once learned in pregnancy to launch another brand new life—their own!

In her new book Roberts explains how nine months of “Unpregnancy” can alter a woman’s life in much the same way nine months of pregnancy transformed it. How? Imagine taking all the good things one experiences during pregnancy—awe, wonder, a new purpose, unswerving dedication, a commitment to health and well-being—and using them to fulfill one’s own dreams.

Structured in three “trimesters” that feature a total of nine different lessons, ***MOTHERHOOD TO OTHERHOOD*** offers various “labors” (self-revealing exercises) to help mothers reclaim their time, find their center and discover new ambitions. That’s right, motherhood as a character building experience.

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Trimesters address the three major areas of anyone's life:

- Trimester 1: Self
- Trimester 2: Love
- Trimester 3: Work

And the lessons are all one's learned during pregnancy and motherhood. Take for instance when a woman first finds out she's pregnant and realizes she will never be alone again. What does she do? She makes the necessary accommodations and changes to her routine so as best to shelter the baby growing inside of her. **MOTHERHOOD TO OTHERHOOD** advises moms to use this lesson when it's time they conceive a new life (their own), and commit to making the required changes to bring forth the best pregnancy and rebirth possible. Remembering that napping is not a crime is another lesson—after all, if you didn't feel guilty resting when heavy with child, you shouldn't feel the need for permission to relax when you're trying to forge a new you. These lessons and more are ones mothers need simply summon up from their pregnancy days.

And as with any pregnancy, expect check-ups: times when moms will need to monitor the progress their making; whether it's on their own or via midwives (friends they can reach out to for help in their birth). Moms may even want to form their own Unpregnancy group to get a fresh perspective on their goals.

“A mom is a terrible thing to waste,” declares Roberts, a mother of three whose own journey from Motherhood to Otherhood helped her launch a second career in writing, speaking, and life-strategy coaching for moms, adding that “every woman who has ever been pregnant and raised a child has an enormously rich experience to draw upon and offer the world.” Believe it or not, this new phase in life can be just as rewarding as raising a child, and the best part is that moms everywhere have the tools right at their disposal for a fruitful “Unpregnancy.”

About the Author:

Julia Roberts has balanced a marketing career and being a mom for twenty years. Her workshops based on the “Motherhood to Otherhood” program have touched and motivated moms from all walks of life. She lives in New Jersey with her husband and three children.

About the Book:

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Visit www.motherhoodtootherhood.com