

A segment on ***MOTHERHOOD TO OTHERHOOD***:

In addition to an interview with author **Julia Roberts** in which she can discuss the basic principles of ***MOTHERHOOD TO OTHERHOOD*** and provide examples of everything from the three things learned in pregnancy and motherhood that will help moms get their dream job to the three things from pregnancy and motherhood that will help moms find the love they want, she is happy to provide guests for a segment on moms who have successfully gone through her nine-month Unpregnancy program and what they experienced. Some of the moms include:

“Tracy”: Tracy’s 10-year-old son was born with a rare genetic disorder and had several near-death emergencies and surgeries in his short life. Tracy’s life and options were circumscribed by the time and schedule required to care for him adequately. Yet Tracy was calm, smiling, and very positive. Through her Unpregnancy, she created a nonprofit organization to distribute a video she produced about her son’s disease. She also began to work with families whose lives had been touched by the disease and to create an international advocacy group. Her foundation now sells the video to families and hospitals and teaching centers around the world.

“Annabelle”: A Girl Scout leader and social worker for high school kids, Annabelle came to the Unpregnancy seminars soon after her seven-year battle with Lyme disease. She was trying to reorganize her house after years of neglect and still trying to decide whether to adopt a second child. She felt like she should reenter the work force but was not sure if she wanted to. For her, writing the Unpregnancy mission statement in Lesson #2 was an eye opener. Annabelle was a professional dancer before she got sick and had earned a Master’s degree in social work. She had begun to combine the two passions in a program using art and dance as therapy. At a seminar, when the room full of moms read out their mission statements, she realized how unique hers was. She felt a drive to really dig into her profession and build art therapy as her specialty. She said, “I realized that if I didn’t do it, who else would?”

“Simone”: Simone came to the Unpregnancy seminar out of pure frustration, with no real plan. She had decided that she wanted to take her business solo, because her frequent disagreements with her partner were dragging her down. Her weekly meetings gave her a safe forum to give voice to her feelings, which grimly showed how little confidence remained between her and the partner. The seminars helped her define the necessary next steps to her own fulfillment.

Over the course of three “trimesters” and a series of “labors,” these women and many more like them have given birth to their own new life. Roberts can also guide moms to create a group of moms to help each other achieve “Otherhood” using the nine lessons outlined in the book:

**more...**

First Trimester/Self

**Lesson #1 – You’ll Never Be Alone**

- Our families can bog us down and buoy us. They give us a network of people that we can rely on.

**Lesson #2 – Only You Can Do This**

- Pregnancy gave us a mission with a life force—focus and commitment will bring about success

**Lesson #3 – You are Great, with Child**

- Children remain a life-long priority, and yet we have other ambitions, and desires. Children also give us easy access to the positive energy it will take to undertake changes in our lives.

Second Trimester/Love

**Lesson #4 – You’re Gestating (Everything Else Can Wait)**

- Tend to your sense of well being and care for yourself

**Lesson #5 – You Don’t Know What to Expect**

- Keep an open mind about what to expect and be aware of what others expect of you, and how to shift those expectations

**Lesson #6 – Napping is Not a Crime**

- Permission to put your feet up

Third Trimester/Work

**Lesson #7 – Is Mother Nature Kidding Me?**

- Mother Nature showed you what you had “in “you, but she has some more tricks up her sleeve. What is maternal instinct and why does it drive you to Otherhood?

**Lesson #8 – Keep Your Eyes on the Prize**

- You’re in it to win it; a lesson in dedication

**Lesson #9 – Nothing Can Stop You in the Homestretch**

- Create pressure and deadlines to bring out your brainchild in a timely fashion.

To schedule a time to talk with Julia Roberts, please contact:

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*“Motherhood is the most powerful, transformative experience of most women's lives, and here finally is a book that shows us how to put what we learn through pregnancy and childbirth to work for our individual growth and fulfillment. Unpregnancy helps make having babies not the end but the beginning of our stories. This is a book, and a plan, that will take a legion of women into their futures.”*

—Pamela Redmond Satran, author of *Suburbanistas*, *Babes in Captivity* and the million-selling baby name guide *Beyond Jennifer & Jason*, *Madison & Montana*, contributing editor for *Parenting* and columnist for *Baby Talk*.

For more information visit [www.motherhoodtootherhood.com](http://www.motherhoodtootherhood.com)