

**Get your Mojo back,
one day at a time.**

"I will be the first to admit that having Mojo is a recurring goal, not a permanent destination. I can feel competent, independent, and free one moment, then a few hours later nothing is going right and everyone needs something from me. But the fact that I know I can get my Mojo back again tomorrow helps me stay sane."

—Amy Tiemann
America's Leading *Mojo Mom*

About the Author

Before becoming a Mom, Amy Tiemann earned her Ph.D. in Neurosciences from Stanford University. She then left "Big Science" behind in favor of a rewarding career as a high school teacher. She took time off from this profession to have and stay home with her daughter, her first child. Today, through her books, seminars, and interactive website, Amy Tiemann helps other women discover and reclaim a strong sense of self as they grow as mothers and as individuals.



Please visit Amy and a welcoming community of other Moms and ongoing discussions at:

www.MojoMom.com



Spark Press
Chapel Hill, North Carolina
919-942-2299

Jacket Design by Kathi Dunn, www.dunn-design.com
Illustration by Jane Mjolsness
Author Photo by Sue Ann Miller

Get YOUR Mojo Flowing!

"Mojo" is that feeling you get when you're at the top of your game, juggling the kids, life, and your own needs—even for one glorious afternoon.

Do you miss your "old self"? Or are you too busy to think beyond the next meal or load of laundry? Becoming a Mom is a huge identity shift for most women, especially those who have left behind a career, friends, and a paycheck. Becoming a *Mojo Mom* means feeling that creative surge as you bring yourself and your dreams back into focus. Whether you've been a Mom for three months or thirteen years, the challenge is to find ways to lovingly nurture yourself as well as you nurture the rest of your family. It can be done.

What makes *Mojo Mom* different?

Mojo Mom is the first book that feels like your own voice, finally saying what it really means to be a Mom. *Mojo Mom* does more than just identify the challenges of motherhood; it gives you dozens of tools—ideas, activities, books, gadgets, and other quality resources—for nurturing every part of the *Mojo Mom* life. Enjoy!

Learn practical ways to:

- Prepare to become a Mom without losing your identity
- Survive and thrive during the intense early years
- Save some of your best energy and creativity for yourself
- Branch out little by little—as you have time and interest
- Tend to your ideas and dreams—even if you can't act on them right away
- Re-enter the workplace or take on a new path with confidence and ease
- Make peace with chaos—a messy house means you're busy doing something more important

"Wow! I couldn't put this book down! Filled with practical information, wisdom, and compassion, *Mojo Mom* should be a primary resource for every new Mom, particularly women leaving or taking time off from the workforce to be at home with a baby."

—Sherri Caldwell, co-author of
The Rebel Housewife Rules: To Heck With Domestic Bliss

"*Mojo Mom* is a much-needed catalyst for living the precious gift of personal power we each long for at every stage of life. Give this book to every Mom you know—but give it to yourself first!"

—Zainab Salbi, Founder, Women for Women International

FREE QUIZ!

Measure your Mommy Mojo online at www.MojoMom.com

U.S. \$22.95 Parenting & Families

ISBN 0-9764980-0-6

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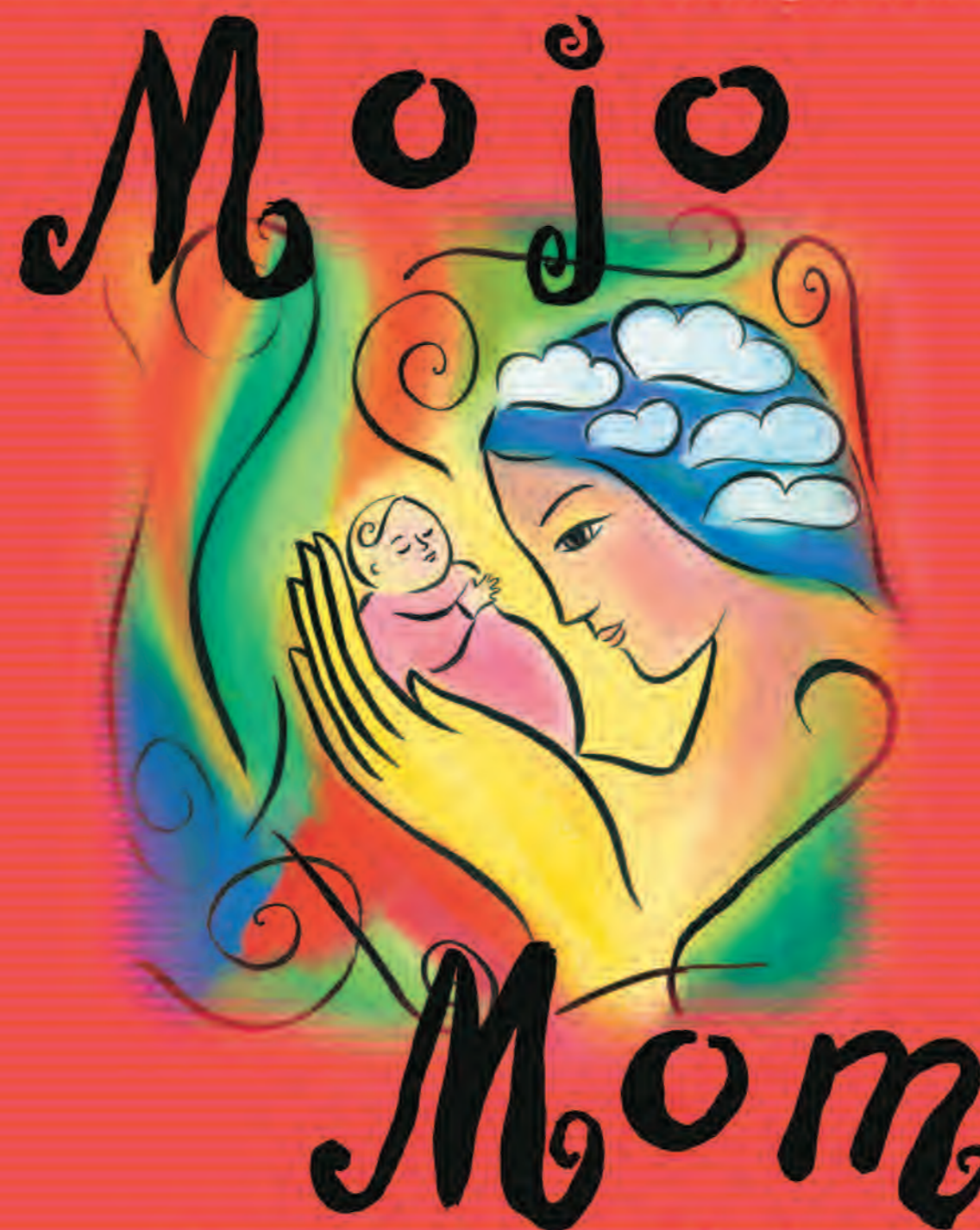


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nurturing your self while raising a family

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**This is not about escaping,
but about surfacing.**

"Becoming a Mom does not mean that you have to sign away your rights to individual growth for the next twenty years. Each of us needs time, space, and support to allow us to answer the question, *Who am I, now that I am a Mom?*"

—Amy Tiemann
From *Mojo Mom*

Many parenting experts will tell you to take care of yourself, but only because it will make you a better Mom. Others make you feel like you should "get away" from your family and do your own thing to be whole again. But for most of us, neither of these solutions feels right. In choosing motherhood, we choose love, commitment, and connectedness. Mothering is a transforming passion, a deep pool we willingly dive into headfirst. What we want is not to escape but to rise to the surface again. This is not about reclaiming who we were but discovering who we are now and who we can become—and all of this amidst the daily demands, dreams, hugs, smudges, laundry, and limits of the *Mojo Mom* life.

amy tiemann, ph.d. *Mojo Mom* nurturing your self while raising a family