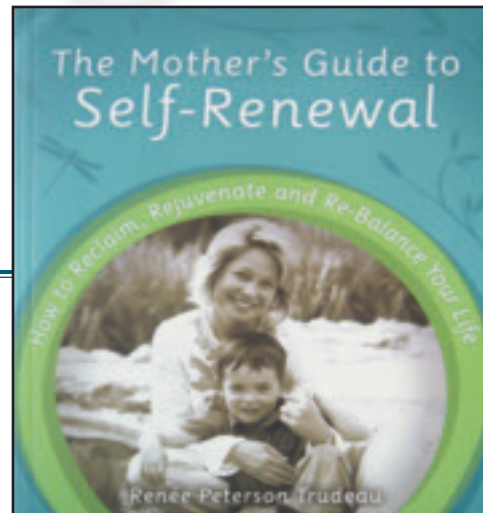
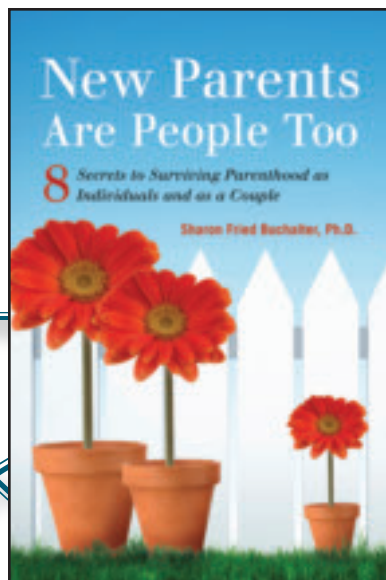


## New Parents are People Too: 8 Secrets to Surviving Parenthood as Individuals and as a Couple

*Dr. Sharon Buchalter*

This new book by Dr. Sharon Buchalter is the first of its kind. While most books for soon-to-be parents focus on what to expect during pregnancy and childbirth, Dr. Buchalter's book offers insight into what kind of changes a new baby will bring for the individual parents and their relationship as a couple.

Divided into three parts: what to expect, working as a team to accomplish goals, and actively shaping the type of lifestyle the couple desires to have after the baby is born, this book is brimming with methods designed to coach expectant couples through the challenges ahead. Throughout the book, readers will learn action-based ways to turn new-baby stress into positive, personal growth.



## The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life.

*Renee Peterson Trudeau*

Renee Peterson Trudeau's new book is sweeping the nation! Following the model of the best-selling "The Artist's Way" by Julia Cameron, life balance coach, speaker, and author Renee Peterson Trudeau has written a book inspiring mothers to reconnect with themselves. Opening her second chapter with an anonymous quote declaring, "You can explore the universe looking for somebody who is more deserving of your love and affection than you are yourself, and you will not find that person anywhere," Trudeau stresses the idea that in order to become the best, most nurturing mother you can be you must first start by taking care of yourself.

Hailed by doctors, life coaches, yoga teachers, best-selling authors, and mothers across the country as a wise, powerful, much-needed guide to self-love, Trudeau's "Mother's Guide to Self-Renewal" is encouraging countless numbers of women to learn the art of self-nurturance. Pick up a copy at your local bookstore today - there's no time like the present to begin a journey that will benefit you, and the people you love the most, for a lifetime.