

Moms Helping Stressed Moms in Special Book to be Available for Mothers Day

It's no surprise that Moms are more stressed-out than ever before. Pressures continue to mount and solutions to sanity are in great demand.

(March 6, 2014) Thousand Oaks, CA -- Working moms, single moms, blended family moms, first time moms and growing family moms -- the pressures to handle all the daily responsibilities and raise healthy, well-adjusted children is becoming overwhelming. It is vastly uncontested that Moms have the most underpaid and stressful job.

Mom's stress about the well-being of her children never ends, regardless of the age of the kids. Numerous studies show that when mom is stressed, the household becomes stressed, and her ability to handle everyday tasks becomes compromised.

Reports indicate that Moms find their best support from other Moms, those that have been there - done that. This is the basis of the new anthology curated and published by Self-Investment Publishing, titled "Stress Out! Moms Show Stress Who's the Boss." The stories shared in the book are written by Moms with the intention of helping other Moms. The benefit of an anthology book is this, if the reader doesn't connect with the personality of one author, the book has several others to choose from who might be sharing the answer she is seeking.

Stress Out series primary author Sumner Davenport has received several endorsements and accolades from the readers who field tested the techniques in her Stress Out anthology books. "What I've attempted to do with this book is make it simple for moms to find easy solutions for their stress." says Davenport. Although there are tips and blogs that can be found after a Google search, Davenport goes on to explain "When a mom is under stress, she may not have the time or strength to launch a browser and start a search. Instead, a printed book may be within easy sight and quick reach. It could be used as reference for her or a coloring book for a restless child."

This book hopes to inspire the reader, educate and provide solutions to some of their frustrations from a symbiotic support group of Moms. The book will also be available on a reader's Kindle or other digital device. An additional version is planned later in 2015 will be produced in audio when hearing a friendly voice is all that is needed.

The release of "Stress Out, Moms show stress who's the boss!" is scheduled for release on May 1, 2015 just in time for Mothers Day. A great gift to give any Mom to say "I see, I care, I want to help." Proceeds from the sales of this book will be donated to selected charities. Preorders are accepted at the book's website: <http://momsshowstresswhosboss.com/>

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Sumner Davenport is an Entrepreneur, Philanthropist, Best Selling Author, publisher and sought after public speaker. Because of her success and "failures", she is sought after as a speaker and she is quoted often. One of Sumner's quotes was voted by an independent group to be included in the Top 10 Healthy Thoughts. As a best-selling author, she donates a portion of the proceeds from her books to selected charities. For more information, visit her website: <http://www.SumnerDavenport.com>

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Keywords

[mom-stress](#), [family-stress](#), [stress-less](#), [single-mom](#), [working-mom](#)

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