

## FOR IMMEDIATE RELEASE

### CONTACTS:

Kerry Gardner

865.621.0320

[Kerry@ChoicePublicity.com](mailto:Kerry@ChoicePublicity.com)

Sarah Tuttle

615.829.0977

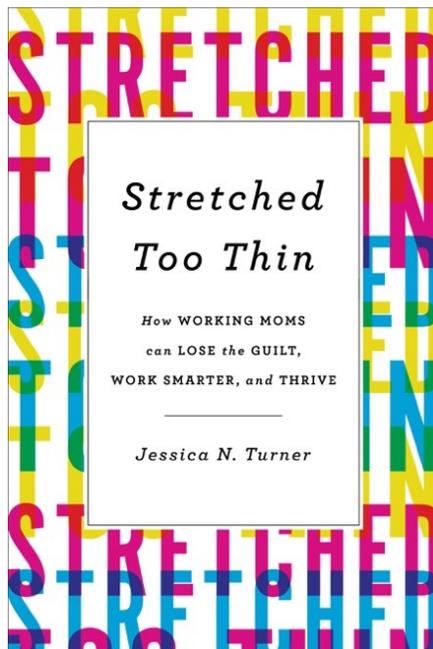
[Sarah@ChoicePublicity.com](mailto:Sarah@ChoicePublicity.com)

## FULL-TIME WORKING MOM AND VETERAN LIFESTYLE BLOGGER JESSICA N. TURNER RELEASES NEW BOOK

*Backed by a survey of thousands of working moms, “Stretched Too Thin” serves as a guide to living a well-rounded life from a source that knows this pressure all too well – a full-time working mother of three.*

**NASHVILLE, Tenn. — September 18, 2018** — Best-selling author, veteran lifestyle blogger, marketing executive, in-demand speaker and mother of three,

Jessica N. Turner is leading the important conversations that working mothers need to have.



Turner understands the modern pressures of juggling motherhood and (multiple) careers all too well. For her new, highly-anticipated book **“Stretched Too Thin: How Working Moms Can Lose the Guilt, Work Smarter, and Thrive”** (Revell; ISBN: 978-0800723491; September 18, 2018; \$23.00), Turner shares stories alongside concrete tips to help readers formulate personalized plans to live a balanced life.

Turner’s distinguished perception is backed by her own experience as well as primary research and perspectives from other working mothers across the country. To write “Stretched Too Thin,” she surveyed more

than 2,000 working mothers in the United States. One of the biggest challenges cited is that personal and professional demands lead to feelings of inadequacy, overwhelm, guilt and an overall feeling of being stretched too thin.

In “Stretched Too Thin,” Turner offers a handbook to all moms who are earning money, pursuing professional careers and raising kids. Each chapter concludes with questions designed to prompt personal reflection and action so readers will have a plan to craft the life they yearn for. Turner writes: “Avoiding being stretched too thin is not about overhauling everything. Instead, it’s about recognizing what changes you can make to help you thrive on a day-to-day basis, then making conscious choices to make those changes a reality.”

In “Stretched Too Thin,” Turner provides solutions to the pressing issues that lead to this feeling including:

**Creating and managing a home you love:** Admitting her house will never be Pinterest-worthy, Turner shares timesaving habits that have helped her create a loving, life-giving home. From organization techniques to outsourcing services, she shares the advice that her blog readers have come to rely on.

**Creating healthy boundaries at work:** Turner provides practical advice on creating a job you love, including speak up and ask for change or more flexibility, foster community at work, take your time off (a 2017 Glassdoor survey found that the average US employee only took half of paid time of that year). She also shares productivity hacks that can help readers work smarter, not harder.

**Prioritizing self-care:** 78% of the working moms surveyed said that self-care was a struggle. Turner walks readers through understanding self-care, how to prioritize this necessity and easy ways to implement self-care into everyday life.

**Cultivating strong relationships:** Whether it’s with your spouse, good friends or work colleagues, strong adult relationships are vital to mental health, happiness and overall satisfaction. Turner shares easy ways to cultivate these friendships in all areas of life.

Turner writes with wit and simplicity and offers empathy throughout the book. In “Stretched Too Thin,” she inspires one of the fastest growing and most important segments of the population to regain their sense of control and fulfillment. “I fight for my time. I take naps. I go out with friends. I exercise. Why do I do these things? Because when I take care of myself, I am the best, healthiest version of myself,” Turner writes. “As working moms, we must subscribe to the oxygen mask philosophy—we have to take care of ourselves by putting on our own oxygen masks before we can effectively take care of others around us.”

## **ABOUT JESSICA N. TURNER**

Jessica N. Turner is leading the kinds of important conversations that mothers want and need to have. The best-selling author, veteran lifestyle blogger of The Mom Creative blog, marketing executive for Vanderbilt Health, in-demand speaker, and mother of three has built an enormous online community, drawn to her from-the-trenches advice and reflections on working motherhood, intentional parenting, relationships, personal development, and much more. Published in 2015, her first book, “The Fringe Hours: Making Time for You,” drew praise for its smart blend of empathy and practicality, a combination that has become a defining characteristic of Jessica’s approach. Aiming to empower women who are often left feeling overworked and ashamed, her anticipated new book **STRETCHED TOO THIN: HOW WORKING MOMS CAN LOSE THE GUILT, WORK SMARTER, AND THRIVE** will be available in September 2018. Jessica lives in Nashville, Tennessee, with her husband Matthew, and children Elias, Adeline, and Ezra. For more information, please visit [StretchedTooThinBook.com](http://StretchedTooThinBook.com).

###

