



MODERN MOTHERHOOD IS BROKEN – BUT YOU DON'T HAVE TO BE

Entrepreneur & Author Alli Worthington Assures Women that Being a Great Mom is Less about What You Do Than Who You Are

Arriving August 2023 – *Remaining You While Raising Them: The Secret Art of Confident Motherhood*



Nashville, TN – In her national survey of more than 1,000 moms, life and business coach **Alli Worthington** found that 95% say they wrestle with “mom guilt,” and more than half experience that guilt daily or multiple times a week. The vast majority of women admitted that motherhood was way harder than they expected. As Alli analyzed the results, one conclusion was clear: modern motherhood is broken and it’s breaking women.

So how do women ditch the “mom guilt” and grow confident in their parenting? Alli Worthington offers powerful insights in her new book, *Remaining You While Raising Them: The Secret Art of Confident Motherhood* (Zondervan, August 8, 2023). As both a successful entrepreneur and the mom of five boys, **Alli Worthington** has discovered that there is more than one way to be a great mom. “Being a great mom is less about what you do than who you are,” writes Alli. “If you want to do a good job and also enjoy motherhood, it is vital that you not abandon yourself in the process of mothering your children.”

Remaining You While Raising Them unpacks guilt-free, empowering, research-informed advice for moms who may have neglected to care for the person who needs it most: themselves. **Alli Worthington** helps women learn how to:

- » Stop neglecting the one person who most needs your care – you!
- » Disentangle your identity from your mothering role – and enjoy a healthier “mom mindset”
- » Identify your own unique “mom style” so you can confidently parent without comparison
- » Drop the impossible dreams and “good mom” myths that steal your happiness
- » Prioritize care for yourself – spiritually, emotionally, and physically – before you tackle the demands of motherhood

Remaining You While Raising Them is not a how-to parenting book; it’s a book for moms, centered and focused entirely on moms. Written for moms (and grandmothers) of any age or stage, Alli’s insights are both practical and guilt-free. “You’ve been weighed down by social pressure and mom guilt that tell you you’re failing,” says Alli. “It’s time to ditch comparison and take good care of yourself so you can begin enjoying motherhood again!”

Alli Worthington disrupts conventional wisdom and mothering myths as she reveals the secrets of successful motherhood:

- » Six Simple Mental Health Essentials for Every Mom
- » Why Wonder Woman Is a Perfect Illustration of a Terrible Mom
- » Yes, Good Moms Do Get Angry
- » Becoming A Better Mom Starts with Becoming a Better You
- » How to Conquer Mom Guilt Once and for All

Adds Alli: “You won’t find a step-by-step plan to raise perfect children in this book because that, my friend, is an impossible dream. It’s time to focus on something new – your own mental, spiritual and physical health.”



Remaining You While Raising Them will be heavily promoted on **The Alli Worthington Show** in advance of the book release. With more than 100,000 downloads per month and millions of total listeners, **Alli Worthington's** podcast is in the top 1% of all podcasts. A pre-sale campaign and national publicity campaign have already begun. An aggressive paid advertising campaign will commence prior to launch.

About Alli Worthington



Alli Worthington, known for her straight-talking encouragement and practical tools that help women reach their dreams in business and life, is the author of five books including *The Year of Living Happy*, *Fierce Faith*, *Breaking Busy* and her latest *Remaining You While Raising Them*. She is a speaker, podcaster, and life and business coach who launched Called Creatives, a cohort of women speakers and writers. Her guilt-free take on business, family, and balance has led to multiple appearances on *The TODAY Show* and *Good Morning America*. Alli lives with her husband, Mark, and their five sons outside of Nashville with the only golden retriever who refuses to retrieve. www.AlliWorthington.com
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Remaining You While Raising Them: The Secret Art of Confident Motherhood

by Alli Worthington

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Suggested Questions for Alli Worthington

- ✓ You state in your new book that modern motherhood is broken. How so? And how has this reality impacted your life and the lives of other moms?
- ✓ In *Remaining You While Raising Them* you reference a survey you conducted with more than 1000 moms of kids of all ages. What were the top findings and were they surprising?
- ✓ You use a term in your book to describe motherhood burnout: "The Mother Load." What does that phrase describe?
- ✓ *Remaining You While Raising Them* is not a typical "how to" parenting book. How and why did you structure your book differently?
- ✓ You encourage women to discover their own mothering style. How is this a game-changer for moms? How can this practice push back on today's epidemic of mom guilt?
- ✓ You say that Wonder Woman is a great character -- but a terrible role model for women. Tell us more!
- ✓ You write, "Emotionally healthy parents have the best chance of raising emotionally healthy children." Unpack that for us.
- ✓ The last third of your book is very practical on the habits that help moms the most. What is your "Magic Question Habit"?
- ✓ What is the difference between broken soundtracks and replaced soundtracks?
- ✓ As a parent of five boys and an entrepreneur, how did you balance motherhood when your career first began? How does balance look different as your children grow older?
- ✓ How can a mother be sure that she is doing a good job raising her children?
- ✓ What is one thing a mom can do right now to help herself thrive as a person and a parent?