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Surviving and Thriving in Motherhood Humorous Book Equips Women for the Adventure of a Lifetime



Colorado Springs, CO – It's considered the most challenging job on the planet, no amount of formal training can prepare someone for it and its pay cannot be measured in dollars and cents. All first-time mothers experience fear, insecurity and doubt and share the hope and dream of being the best mothers they can be. In her new book, *Rattled* (Multnomah Books, January 15, 2008), Trish Berg calls new moms of the world to unite to help each other not only survive but also enjoy their first year of motherhood.

“Becoming a mom is quite an adventure, one without a map or a compass for that matter,” says Berg. “In fact, motherhood brings me to the brink of laughter and the summit of tears, usually on a daily basis.” With four children and ten years of mom

experience, Berg discovered creative ways to simplify the small stuff, and she unabashedly shares this advice in *Rattled*.

With wit and wisdom Berg takes readers on a biblical journey through parenthood, helping them to set realistic expectations, manage stress and make the most of this special time in their lives. From laugh-out-loud stories of explosive diapers to tales of midnight feedings, *Rattled* cuts through the chaos to reveal the blessing of motherhood that is often forgotten.

Trish Berg is an author, Christian speaker, weekly columnist for *The Daily Record* and a favorite feature writer for MOPS International. She makes her home on a 200-acre farm in rural Ohio with her husband Michael and their children Hannah, Sydney, Colin and Riley.



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