



***LifeLines:
Stories of Love,
Life, Loss,
Family and
Hope***

by Amy Landa, Linda Levitt,
Missy Martin, Diane Owens,
Ann Rigby, Susan Tully

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FOR IMMEDIATE RELEASE

MOMS, RELAX...IT'S OKAY TO BE REAL

Six women share their imperfect, funny lives as mothers, daughters, sisters, and lovers

In a poll commissioned by *Good Housekeeping* magazine, 72 percent of women think being a mother today is harder than when they were children.

In an age where perfection of home, body, and child seems the norm, standards are frustratingly high. So how do women keep it all together when everything is falling apart?

Six moms in Phoenix know - their Wednesday night writing group became their lifeline, a way to stay connected above the whirlpool of laundry, babies, deadlines, and doldrums.

In their book *LifeLines: Stories of Love, Life, Loss, Family and Hope*, the women dish it out - nothing is sacred here; no experience is too common.

The short, utterly delightful pieces feature six distinct fonts, one for each writer. As each voice floats off the page, stories of fighting fifty, working out, losing a baby, and mourning a parent inspire nods, laughs, and the occasional tear.

Written to shatter the idea spoon-fed to our public that female perfection trumps all, *LifeLines* speaks to anyone - young, old, single, or committed - who is searching for authenticity.

ABOUT THE AUTHORS:

Ann McCool Rigby has a bachelor's degree in special education from the University of Missouri at Columbia and recently retired from a 25-year career as an astrologer, specializing in the healing arts. She wrote a monthly astrological column for seven years, and has been published in *Welcome to the Planet Earth*, *The Mountain Astrologer*, and *Chicken Soup for the Kid's Soul*. Ann is married (still to her high school sweetheart) and has raised two daughters.

Missy Martin holds a masters degree in public administration from Arizona State University in addition to a bachelor's degree in studio art. Her latest creation is OmniArts, LLC, an anthology factory dedicated to creating collections of true snack-sized stories on contemporary subjects. Her first anthology, *Bombshells: War Stories and Poems by Women on the Homefront*, was released in February. Missy's work has aired on NPR affiliate KJZZ, appeared in *Phoenix New Times*, and is included in the play, *Pearls: Motherhood Unstrung*. She is married and raising three children in Ahwatukee.



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About the Authors*

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Susan Tully has a master's degree in occupational therapy from the University of North Carolina at Chapel Hill and currently teaches in the occupational therapy graduate program at Midwestern University in Glendale, Arizona. In addition to her private OT practice, she maintains a professional organizing business. Her humorous work has appeared in *Phoenix New Times* and *Raising Arizona Kids*, aired on KJZZ, and has been read at the Scottsdale Center for the Arts. Her performance piece, *How to be A Good Wife*, debuted memorably at the Scottsdale Museum of Contemporary Art and is included in, and credited with spawning the idea for, *Pearls: Motherhood Unstrung*. She is married and raising three sons in Scottsdale.

Linda Levitt has both her B.A. and M.A. in special education from Arizona State University with an interest and emphasis in behavior management. She is a 30-year veteran of classroom teaching, specializing in gifted education. She is the author of *What To Do When Your Kid Is Smarter Than You*. Through her newest venture, Educating Exceptional Learners, Linda consults with families and school districts. She supervises teachers for Arizona State University, sits on the board of directors for Scottsdale Supporters of the Gifted, and manages the nonprofit organization Environmental Connections. Linda is a writing member of Sisters on the Fly, Baby Boomer Women, and the National Association of Women Writers. She is married, raising two sons and two step-daughters, and maintains a home in Paradise Valley.

Diane Amento Owens holds a B.A. in English from the University of Iowa. She taught English at the middle school level and spent a decade in mental health administration before becoming program director for FearlessFlight.com as well as editor for *Chicken Soup for the Soul Presents The Fearless Flight Kit™*. Her articles and letters have appeared in the *Arizona Republic*, *Scottsdale Tribune*, and *Arizona Together*. Her stories have been read at the Scottsdale Center for the Arts and the Scottsdale Museum of Contemporary Art. As a vehicle to empower women through writing, she facilitates workshops for AppleStar Publishing, Barnes & Noble Booksellers, and Borders Bookstores. She freelances as editor, writer, and tutor. She serves on the Adult Education Board for her church, facilitates trainings for leaders of children's liturgy, and is active in the MOMS ministry. Diane is married, raising four daughters in Scottsdale.

Amy Landa holds Certified Public Accountant certificate # 13101 issued by the State of Washington. During her 30-year career keeping books, she specialized in accounting system design and implementation, mainly for entrepreneurial enterprises. Her own entrepreneurial endeavors include AppleStar Publishing, a vehicle for delivering authentic women's voices to the marketplace. Her dedication to the empowerment of women began 15 years ago when she was president of the Women's Business Exchange in Seattle, Washington, the then largest women's networking organization on the west coast. The play *Pearls:Motherhood Unstrung* includes Amy's "The Sight of My Mother." *LifeLines* is her first publication. She is raising two children in Phoenix.