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**THE HARDEST JOB IN THE WORLD JUST GOT A  
LITTLE EASIER**

*New Book from AMACOM Offers Readers a Fun, Practical Guide to Becoming a Mom*

After the birth of her first child, Claudine Wolk thought she'd come home from the hospital with her baby boy knowing exactly what to do. But after about two weeks of the problems every new mom experiences: constant crying, poor feedings, and what seemed like her own never-ending fatigue, she was desperate for answers. "I needed the truth about what was going on with my baby and was willing to search for it wherever I could find it," she says.

Finally, realizing that other mothers would have the answers she needed, the nationally known speaker, blogger, and columnist started talking to them, eventually gathering a treasure trove of tricks, secrets, and tips that mothers don't advertise. The insider information she uncovered was so helpful, she knew she had a duty to share it with others. **IT GETS EASIER! . . . And Other Lies We Tell New Mothers** (AMACOM; July xxx 2009; \$14, Paperback) is a fun, practical guide to becoming a new mother that Dr. Laura Schlessinger said on her nationally syndicated radio show, "It's helpful and a hoot!"

"The baby topics I've covered are the ones that seem most essential to me. I wish I'd been fully equipped with the tips in my book before I ever made my first trip to a delivery room," said Wolk. In a calm and reassuring tone, the author discusses the pitfalls and obstacles every new mother will face, and offers advice from those who've been there on how to deal with them. Among the invaluable information that makes the hardest job in the world a lot easier:

- Ø Real-life tips for getting through labor and delivery
- Ø How to get more sleep
- Ø How to get the baby on a schedule
- Ø The myths and realities of breastfeeding

- Ø Managing and losing the baby weight
- Ø How to cope with “mother-guilt” that is self-imposed and imposed by society

At the back of the book, readers will find an index for easy reference and resources for further explanation on topics they want to learn more about.

In her review of the book, Vicki Glembocki, author of *The Second Nine Months* and Editor at Large for *Philadelphia Magazine* agreed. “Finally... FINALLY... women are letting down their ponytails and talking OUT LOUD about the reality of new motherhood. It’s so refreshing to hear stories that you can actually relate to, and Claudine Wolk takes it a step further, offering advice for surviving those early months. If only she’d been living next door to me when I was going through it all.”

Babies don’t come with directions, but the information contained in **IT GETS EASIER!.. AND OTHER LIES WE TELL NEW MOTHERS: A Fun, Practical Guide to Becoming A Mom** is the next best thing. You can follow the author on her twitter at <http://twitter.com/help4newmoms> and her blog <http://www.help4newmoms.com/blog.htm> .

### **ABOUT THE AUTHOR:**

**Claudine Wolk** is a mother of three who has written on new mother issues in newspapers, magazines, websites and blogs. She is a frequent commentator on a wide variety of mom-related message boards on the Internet, and just signed on as a featured blogger on the nationally syndicated website, [www.hybridmom.com](http://www.hybridmom.com). In addition, she created the website, [www.help4newmoms.com](http://www.help4newmoms.com), which offers easy access to information about motherhood. Wolk also tours the country, offering workshops on all aspects of motherhood, including New Mom Issues, Baby Scheduling and Mothers Heading Back into the Workforce. Claudine lives in Bucks County, Pennsylvania.

**Title:** It Gets Easier!.. And Other Lies We Tell New Mothers: A Fun Practical Guide to Becoming a Mom

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