



LOCAL RESIDENT RECOGNIZED FOR "MAKING A DIFFERENCE"

***Author awarded by publisher for
impacting the lives of super busy parents***

FOR IMMEDIATE RELEASE

CONTACT:

Natalie Gahrmann

www.nrgcoaching.com

Phone: 908-281-7098

Email: natalie@nrgcoaching.com

Web Site: www.superbusyparent.com

Hillsborough, NJ -- Natalie Gahrmann, Hillsborough resident and owner of N-R-G Coaching Associates, has been recognized by Infinity Publishing as an "Author Who Makes a Difference" for her highly acclaimed book, ***Succeeding as a Super Busy Parent***. Selections in this prestigious program are based on positive persona of the author, the merits of the book to provide real-world help to a significant segment of the population, the history of book sales from publication release date, and meritorious acclaim from readers.

Succeeding as a Super Busy Parent offers parents practical and timely tips to help them balance and integrate the various components of their lives. The book contains effective strategies and real-life solutions to everyday problems that parents are able to refer to on an as-needed basis because the book is organized and laid out as an easy-to-use reference. This book is a resource and how-to guide that inspires and motivates parents to reclaim their hectic life and achieve more success. Readers gain tools to improve their personal and professional effectiveness, parenting abilities, relationships, and career fulfillment. Gahrmann says, "As a working parent myself, I understand the challenges today's parents face. My book provides many tools, resources and tips to help parents master their busy lives." The book, which is available through Infinity Publishing at www.buybooksontheweb.com, is a culmination of years of Life, Parent and Business Coaching to parents in the trenches, extensive research, and expert consultation at bluesuitmom.com, NetWorkingMoms.com, and impactingwomen.com

Gahrmann has impacted the lives of thousands of parents and busy women worldwide through her coaching and training company, public speaking, seminars, and e-newsletter, as well as her current book. She has worked extensively with individuals, teams and groups to help them achieve professional and personal goals while maintaining their quality of life since 1998. Through the AWMAD program, Gahrmann will team up with Susan Sullivan, an Author Advocate and owner of Innovative Concepts of Fairfield, CA. Together, they will look for opportunities to improve *Succeeding as a Super Busy Parent*, impact more parents, and combine creative talents.

Here's what others are saying:

The National Organization of Mothers of Twins Clubs, Volume XLIII, No. 4, July/August Notebook, by April Anderson, Club Resource Coordinator.

This book is a (valuable) guide for parents overwhelmed by the challenges of their busy lives. Seventy-five tips are divided into three areas of life that need to be balanced--personal, family, and work. Advice is offered for the working parent as well as the stay-at-home parent. There are additional resources listed at the end of almost all the chapters and helpful websites and Top Ten lists are provided in the appendix.

Recorder Community Newspapers, June 26, 2003, Out and About Guide to the Arts and Leisure, by Sherie Schmauder, Contributing Writer.

Most of these 75 tips are practical and very usable!

Midwest Book Review, Small Press Bookwatch, Volume 2, Number 4, Parenting Bookshelf, April 2003, by James A. Cox, Editor-in-Chief.

Parenting and self-improvement consultant and workshop provider Natalie Gahrman's *Succeeding As A Super Busy Parent: 75 Practical Tips For Balancing Life, Love, Kids, And Career* is a handy guide to the art and science of better organizing personal time while balancing the many and diverse responsibilities of being a parent. From learning to say a firm "no" to superfluous requests; to remembering to protect personal health and physical well-being; to creating family time in the midst of bustle, *Succeeding As A Super Busy Parent* is a handy and highly recommended guide, especially for new and inexperienced parents trying to cope with the demands of professional responsibilities and family life.

Courier News, January 14, 2003, On-the-Run, by Deidre Pitney.

Natalie Gahrman has written a book you'll want to put down. She designed it that way--to inspire readers to re-evaluate their busy lives, and then put that inspiration into action. *Succeeding as a Super Busy Parent* breaks out life's many challenges into easy-to-read sections designed for creating a work/life balance, reducing stress, creating and enhancing relationships, and planning for success.

Indianapolis Star December 23, 2002, Balancing Act, by Ellen Miller.

When you are juggling kids, career, spouse and more, the obvious is often elusive. In her 200+ page volume, Gahrman has boiled down her suggestions from her newsletters into back-page Top 10 lists on subjects ranging from avoiding the morning mayhem to fitting fitness into your too busy schedule so that even the ultra-busy who find a book overwhelming can get advice.

Hillsborough Beacon, December 12, 2002, by Sally Goldenberg.

Succeeding as a Super Busy Parent offers tips for parents on how to manage their personal, family and professional lives without losing focus on their priorities. Each section of the book provides tips on how to deal with overwhelming circumstances, action plans and resources for readers to reference.

Title: *Succeeding as a Super Busy Parent*
Trade Paperback
Publication Date: November, 2002
Price: \$14.95

Author: Natalie R. Gahrman
ISBN: 0-7414-1316-7
Pages: 218
Size: 5.5" x 8.5"

Available from: Infinity Publishing, 519 West Lancaster Avenue, Haverford, PA, 19041,
Phone: (877) BUY BOOK or (610) 520-2500; Fax: (610) 519-0261, email:
info@buybooksontheweb.com ,
web www.buybooksontheweb.com or at www.superbusyparent.com .

About the Author:

Natalie Gahrman is a dynamic keynote speaker, workshop/seminar leader, author, trainer and a leadership coach certified through the International Coach Federation. She combines life experiences and extensive training to motivate others to achieve better results, unlock creativity and gain personal fulfillment in their work and personal life. She specializes in working with Executives, Entrepreneurs, Aspiring Leaders, Working Moms, and SuperBusy Parents seeking to have a more satisfying and fulfilling personal, professional and/or family life. She has appeared worldwide in a variety of publications, newspapers, online, radio and TV as an expert in work/life issues. For more tips, advice and resources see "*Succeeding as A Super Busy Parent: 75 Practical Tips for Balancing Life, Love, Kids, and Career*" (Infinity Publishing, 2002) and visit <http://www.superbusyparent.com>. To subscribe to our free weekly e-newsletter for working parents, send a blank email to superbusyparent-subscribe@yahoo.com.