

PRESS RELEASE

Helping Moms Find Joy in Everyday Moments

(Eagle, Idaho) – Whether you’re a new mom just getting used to the idea of motherhood, or one who has done diaper duty a few thousand times, you know how stressful the job can be. “Parenting isn’t easy, and I’ve seen so many moms who are stressed out, worn thin, exhausted, or just struggling in general. I’ve been there a time or two as well,” says Genny Heikka of Eagle, Idaho, just outside of Boise.

Heikka’s children are now 13 and 15 years old. As they have grown, she has discovered that the key to enjoying motherhood is not in focusing on the stress and challenges, but on the joy and laughter that can come out of the little moments and unexpected surprises (like the time her kids asked if they could bring a couple of frogs home from Grandma and Grandpa's pond, and they brought six!)

In her new book, *Finding Mommy Bliss: Discovering Unexpected Joy in Everyday Moments* (Hallway Publishing, 2014, \$17.99) Heikka helps moms take steps toward the parental happiness that can sometimes be hiding at the bottom of the laundry pile. She includes stories from her experiences as a parent, along with practical advice, tips, inspirational verses and questions that moms can explore on their own or in a group setting.

Shared from her own perspective of faith, yet applicable to all moms, Heikka gives heartfelt encouragement and advice that has come out of her own successes and failures as a parent. “How moms feel matters to me because we mothers have such an impact on our kids—and the world,” says Heikka, who has been involved in several mentoring organizations for moms. They include MOPS (Mothers of Preschoolers), The Mom Initiative and Mentor Moms, a program through Youth for Christ.

“Being a mom can be stressful, but there are ways to keep that stress



Genny Heikka is an author, speaker and passionate mentor to moms and writers. Originally from the Bay Area in California, Heikka earned her M.B.A. and worked as a manager at a global computer company before quitting her job to be a stay-at-home mom.

She’s the author of *Finding Mommy Bliss: Discovering Unexpected Joy in Everyday Moments*, as well as [seven children’s books](#).

In addition to writing regularly for parenting magazines and websites, Heikka co-hosts the [Part-Time Author Podcast](#) and reviews books for the [San Francisco Book Review](#). She previously served as the Assistant Regional Advisor for the [Society of Children’s Book Writers and Illustrators](#) in North/Central California for seven years.

finding
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from swallowing our joy. Sometimes, we just need a little inspiration and encouragement to find those ways,” says Heikka.

Finding Mommy Bliss is filled with the humor, heartache, and humbling realizations that only parenting can bring. The book makes for an encouraging, easy read for the busy mom who needs a few minutes of inspiration.

Early reviews indicate this book is going to be an incredible resource for mothers everywhere. Susan Carraretto, co-founder of 5MinutesforMom.com says, “Motherhood is one of the toughest and most important jobs, yet there’s no training, no support, no pay and little respect. It can be hard to stay positive during the repetitive chores and exhausting routines. Finding Mommy Bliss is a much needed coach and cheerleader to remind mothers how to find their passion in parenting and joy in their children’s love.”

“*Finding Mommy Bliss* reminded me to stop for those moments – the ‘little pieces of bliss’ that Genny so eloquently refers to. Today, instead of rushing through our morning, we square danced, all of us together for a bit; it was wonderful. Thanks for this great reminder, Genny,” says Geralyn Broder Murray, author of *From Pea to Pumpkin—A Pregnancy Journal*, and *A Light at the End of the Diaper Pail*.

“In her book, *Finding Mommy Bliss*, Genny Heikka offers fresh insight for weary, worn out and overwhelmed moms. With a strong message of faith and hope, Genny helps moms discover unexpected joy somewhere between the dirty diapers, the overflowing mounds of laundry and the everyday pressures of parenting. I am honored to recommend this book as a great resource for moms and for small groups,” says Stephanie Shott, author, speaker and founder of TheMomInitiative.com.

For more information about *Finding Mommy Bliss*, visit <http://gennyheikka.com/books>. The book is available for purchase at bookstores everywhere, as well as online at BarnesandNoble.com and Amazon.com.

To arrange an interview with author Genny Heikka, or request a review copy, contact Rachel M. Anderson, Publicist, at [952-240-2513](tel:952-240-2513) or rachel@rmapublicity.com.

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