



# Frazzled Factor, The: Relief for Working Moms

*Jane Jarrell, Karol Ladd*

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According to AFLCIO statistics, seven out of ten working mothers work more than forty hours a week for their employers. But what about the hours spent juggling baseballs, soccer balls, meatballs and cotton balls? Written for the frenetic working mother, authors Karol Ladd and Jane Jarrell introduce seven simple steps designed to take the frazzled mom from feelings of guilt to the freedom of grace. Presented in a concise format with easily-skimmed graphics, encouraging quotes, and revitalizing scriptures, these tips can easily be slipped into daily routines restoring sanity to overscheduled, chaotic lives.

Working mothers themselves, the authors have made a practice of sharing their creative, positive parenting perspectives through their work with Mothers of Pre-Schoolers (MOPS), in magazine columns, as well as radio and television appearances. They plan to incorporate *The Frazzled Factor* into their "Lunchable" seminars and "Sanity Saturdays" aimed at other working moms.

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