

Bio Sketch

Mary Byers

Mary Byers is an award-winning communicator and freelance writer who encourages and equips others to live and work more fully. Combining personal experience with dedicated research, she presents practical, hands-on programs that help men and women tackle universal issues as individuals, spouses, parents, family members, friends, or co-workers.

Byers has been speaking professionally since 1988. A member of the National Speakers Association, she addresses audiences at a wide variety of associations, corporations, civic groups, women's groups, and social service agencies. Byers made such a favorable impression when she spoke at the 2004 National Hearts at Home Conference that she was invited to speak at all of the organization's conferences in 2005.

In her first book with Harvest House Publishers, *The Mother Load: How to Meet Your Own Needs While Caring for Your Family*, Byers teaches women how to take care of themselves so that they can nurture a happy, healthy family. The mother of two lively children, she offers down-to-earth suggestions, spiritual truths, and real-life advice on how to juggle family responsibilities while creating a balanced life through supportive friendships, stress-relieving laughter, regular exercise, rejuvenating solitude, and an intimate relationship with the Lord.

A professional writer for 19 years, Byers has written for several publications, including *Christian Single*, *Entrepreneur*, *Association Management*, *Professional Speaker*, and the *Fort Wayne News Sentinel*. Prior to becoming a freelance writer, she worked as Director of Communications and Member Services for the Illinois State Dental Society, as Director of Advertising for the International Order of the Golden Rule, and as Assistant Advertising Director of Marine Bank of Springfield, Illinois.

Byers served as a Board Member for Big Brothers/Big Sisters of Sangamon County, Illinois and was named Big Sister of the Year in 1992. The Illinois Society of Association Executives recognized her with its Association Excellence Award in 1996 and its President's Award in 1997. She has also received many other awards for publishing and promotion.

The founder of Word Works, Byers graduated from Indiana University with a Bachelor of Arts Degree in Telecommunications. She is also a Certified Association Executive.

Byers and her husband, Stuart, reside in Illinois with their two youngest children, eight-year-old Marissa and six-year-old Mason.



Mary Byers

*The
Mother Load*

How to Meet
Your Own Needs
While Caring
for Your Family

Media Personnel, to schedule an interview please contact:

Radio Publicist

Jill Schmitz, 888-501-8208

National Media Publicist

Teresa Evenson, 888-468-4108

Print/Internet Publicist

Brynn Thomas, 877-307-0662

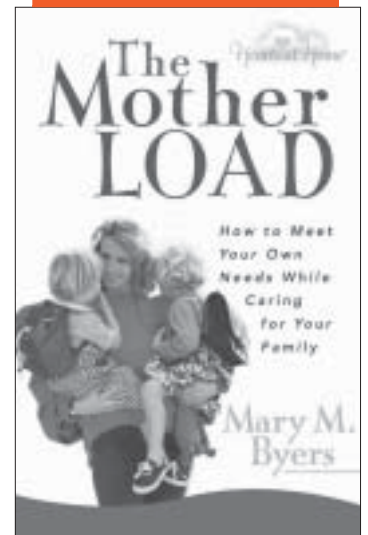


Harvest House Publishers, 990 Owen Loop North, Eugene, OR 97402, 541/343-0123

Interview Questions

for Mary Byers, author of *The Mother Load*

- ❖ How would you describe “the Mother Load” and why did you feel the need to address this topic?
- ❖ If a woman is to create a balanced, healthy, happy life for herself and her family, what personal needs must she meet?
- ❖ Is it true you conducted a survey before writing this book? What did women have to say and how did you use their responses?
- ❖ Why is solitude one of the most important aspects of creating a healthy life and can you suggest three or four ways a mom can enjoy time alone during her busy days?
- ❖ You say women *need* friends; their development depends on it. What important roles do friends play in each other’s lives?
- ❖ The concept of living a balanced life can be difficult to understand and even tougher to achieve. How would you define balance and what are some of the elements of a balanced life?
- ❖ What are the three “chaos personalities” and how does identifying our personality type help bring order to the home?
- ❖ You say “intimacy busters” prevent relationships from being all they could be. Can you give us an example of two “busters” and what you recommend for banishing them?
- ❖ Even though early market research indicated that women don’t like to read about exercise, you wrote about it anyway. Why?
- ❖ One of the paradoxes of motherhood is that what we *need* as mothers is often the first thing we give up in order to *be* mothers. How can a woman focus on her own spiritual and personal growth and still meet the needs of her children?
- ❖ Why is it so important for a mom to learn to forgive herself?
- ❖ How does laughter help people become more fluid and flexible?



The Mother Load

by
Mary Byers

ISBN 0-7369-1502-8
\$10.99

January 2005 release
5 1/2 x 8 1/2 Trade
Parenting
240 pp.

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Endorsements

The Mother Load

- ❖ “I’ve always wished I had a smart, kind mom living next door who could give me advice, reassure me that I’m not crazy, and help me to handle the ‘mother load.’ This book is the next best thing.... Mary Byers reassures moms that it is not just okay to take care of yourself, it’s essential, and...she offers very practical counsel on just how to do so.”
—Keri Wyatt Kent, author *God’s Whisper in a Mother’s Chaos*
- ❖ “Moms will be encouraged, refreshed, and find their ‘mother load’ and hearts lightened by Mary Byers’ new book *The Mother Load*. With both inspiration and practical ideas, I highly recommend it to moms of all ages!”
—Cheri Fuller, speaker, author *The Mom You’re Meant to Be*
- ❖ “This book has the rare combination of true wisdom, refreshing substance, and practical ideas that are do-able! An encouraging read for mothers of young children!”
—Susan Alexander Yates, author *And Then I Had Kids*
- ❖ “Do you feel like you are carrying the mother *Over*-load? Mary’s suggestions for meeting your needs will be like a drink of cool water—a blessing to both you and your family!”
—Kendra Smiley, speaker, author *Aaron’s Way: The Journey of a Strong-Willed Child*
- ❖ “Want to be a more balanced, joyful, playful, and sane manager? Join Mary Byers—a real mom like you and me—on an enjoyable journey of unloading the heavy stuff and replacing it with all that’s good and rewarding and fun about motherhood.”
—Lorilee Craker, author *We should Do This More Often: A Parent’s Guide to Romance, Passion, and Other Pre-Kid Activities You Vaguely Recall*
- ❖ “Who better to encourage moms toward personal growth, while commiserating about the lack of available time, than a mom in the trenches? Mary Byers speaks to our heartfelt needs with humor and understanding born of experience. Moms seeking practical ways to balance their responsibilities should put down their mother loads and pick up this book!”
—Cynthia Sumner, author, *Mommy’s Trapped in the Bathroom*

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