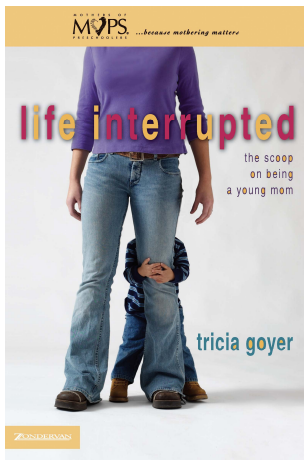


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Life Interrupted:
Complete parenting guide for teen moms offers realism as well as support

NASHVILLE, Tenn., July 2004 — You're seventeen years old and pregnant—now what? Confused and scared, emotional and standoffish and still a kid yourself, you have to prepare for the responsibility of raising your *own* child. *If only you had a guide to help you along the way...* In *Life Interrupted* (Zondervan, \$9.99, ISBN: 0-310-25316-0), author Tricia Goyer offers up a bounty of advice—practical, emotional and spiritual—on

being a young mom.



The needs of teen moms are numerous and unique. Speaking from her own personal experiences, Goyer articulates the various issues with wisdom and acute perception. *Life Interrupted* is packed with valuable nuggets and take-home messages, stories and quotes from other teen moms, tips and suggestions on cutting costs, establishing a support network, developing time-management and general parenting skills, and it includes personal application activities for young moms to try.

“Helping young moms is now part of my story. Every week I meet with young moms at a group called Teen MOPS (Mothers of Preschoolers), to provide support and encouragement. And you know what? Young moms are amazing. They make many sacrifices and face their challenges head-on,” Goyer writes. “My goal for this book is to encourage [young moms] by sharing my story...and provide advice I would have appreciated when I was a new mother at seventeen.”

While *Life Interrupted* is perfect for any teen mom, it is also an invaluable resource for anyone who *knows* a teen mom! Parents, family members, friends and even teachers of a teen mom will benefit by gaining an understanding of the needs and struggles of these young women.

To schedule an interview with Tricia Goyer, please contact Shanon Underwood at shanon@psmediarelations.com. To download high-resolution images or a complete press kit, visit www.psmediarelations.com.

Tricia Goyer lives with her husband and three children in Kalispell, Montana, where she coordinates the Teen MOPS group for the Hope Pregnancy Center and serves on their Board of Directors. She has written three books, along with contributing articles for more than 50 publications including *Guideposts for Kids*, *Christian Parenting Today*, *Parents' Monthly*, *Homeschooling Today* and others. She is a frequent speaker and workshop leader for MOPS International conventions and Teen MOPS banquets.