



Authors: Shelby Spear & Lisa Leshaw
Category: Family Relationships/Parenting/Motherhood
Print ISBN: 978-0578424187
eBook ISBN: 978-0578449074
Publisher: Shelby Spear

Media Kit

Author Bios

Book Bio

Testimonials

Publisher's Weekly BookLife Prize Finalist

Readers' Favorite 5-star Book Review

Target Audience

Book Excerpt

Interview Questions

Story Ideas for Journalists

Downloadable Author & Book Photos

Author Bios

Shelby is a self-described “sappy soul whisperer and sarcasm aficionado” who has a deep love for Jesus and storytelling. Most days, she muses in rhetorical wonder over what God was thinking when He put her in charge of three humans. Although God’s quick to remind her how capable she is, apparently, He sometimes does so while crossing His fingers behind His back. She is a wife of 28 years and a momma of three 20-something kiddos. As a freelance writer and author, you can find her words in the national publication, *Guideposts*, and all over the web at places like *Her View From Home*, *Today*, *Parenting Teens & Tweens*, *Love What Matters*, *Scary Mommy*, and others.

Shelby also has a new online mothering course called, *Mindful Mothering: When You Change the Way You Look at Things, the Things You Look at Change*, and she blogs over at shelbyspear.com.

While her hubby and kids graffiti her soul, all things chocolate melt her heart. Music stirs her like no other, crying fulfills her, and a love of sports keeps her competitive streak alive. Some of her favorite things in life are books, yoga, *This Is Us*, and a comfy pair of jeans—most notably the stretchy kind. Denim defines her in a bluesy kind of way.



Shelby Spear



Lisa Leshaw

Lisa is excited to be entering a new frontier in her life, meeting the eligibility requirement for Dunkin' Donuts senior discount. Because she's now a 'biddy,' she lives in the same attire as new mommas: t-shirts and sweats for daily living and extravagant affairs.

She is an avid storyteller with plenty of material to pull from in her role as a wife of 40+ years, stepmom to two, and grandma to six. You can find her words in print and online at places like *Guideposts*, *Chicken Soup for the Soul*, *Her View From Home*, and *Grown and Flown*.

Her decades of experience as a mental health professional, along with her weekly empowerment circles, give mommas of every age a place to celebrate themselves and one another. She prays every day that the world becomes a more tolerant and accepting place—hoping that each one of us will work towards making a lasting contribution to ensure this outcome.

Lisa also loves children's theater and is ready to pursue a career in stand-up comedy if someone discovers she's funny. Her children's book, *A Royal Mistake*, is ready to be published if someone discovers she's written it.

When it's all said and done, Lisa's wish is that everyone walk with lightness, giggle easily, and land softly someday in the arms God.

Book Bio

2020 PUBLISHER'S WEEKLY BOOK LIFE PRIZE grand prize finalist and Inspirational/Spiritual category winner.

Have you ever laid awake at night and asked yourself, "Why do other moms seem to have it all together when I'm over here exhausted and overwhelmed? Will I ever figure this mom thing out and feel like I'm enough for my kids? When does the worry end?"

If you have, you're not alone. Motherhood is hard whether you are a new mom or an empty nester with 30 years of experience. All moms struggle with these big emotions, which is why Shelby and Lisa wrote this book. *How Are You Feeling, Momma? (You don't need to say, "I'm fine.")* is a safe space to turn to when trying to manage your biggest fears, deepest regrets, and heartfelt longings as a momma.

In this book, Shelby and Lisa give you a peek into their hearts as they share 62 authentic and candid stories from their motherhood journeys, giving you two perspectives on how they dealt with 31 momma emotions. Whether you feel anxious, afraid, confused, depressed, overwhelmed, worried, or otherwise, their reflections are full of loving encouragement and practical tools to help you process the many emotions of motherhood. In addition, the book contains over 70 scripture verses and Psalms to help you feel fully loved, fully seen, and fully heard as you cling to God's promises and apply them to your mom life. Sometimes simply knowing we aren't alone in how we feel is enough to help us do hard things.

These moms have been through the trenches, a combined 66 years of parenting, stepparenting, and grandparenting between them, and their authentic and vulnerable sharing meets you right where you're at as they love you forward

While on paper, these two would appear to be polar opposites, ironically, their differences are the adhesive that binds them. A serendipitous online encounter brought them together, and these two are living proof that despite differing views, backgrounds, and cultures, when it comes to God, all things are possible through love.



Authors: Shelby Spear & Lisa Leshaw
Category: Family Relationships/Parenting/Motherhood
Print ISBN: 978-0578424187
eBook ISBN: 978-0578449074
Publisher: Shelby Spear



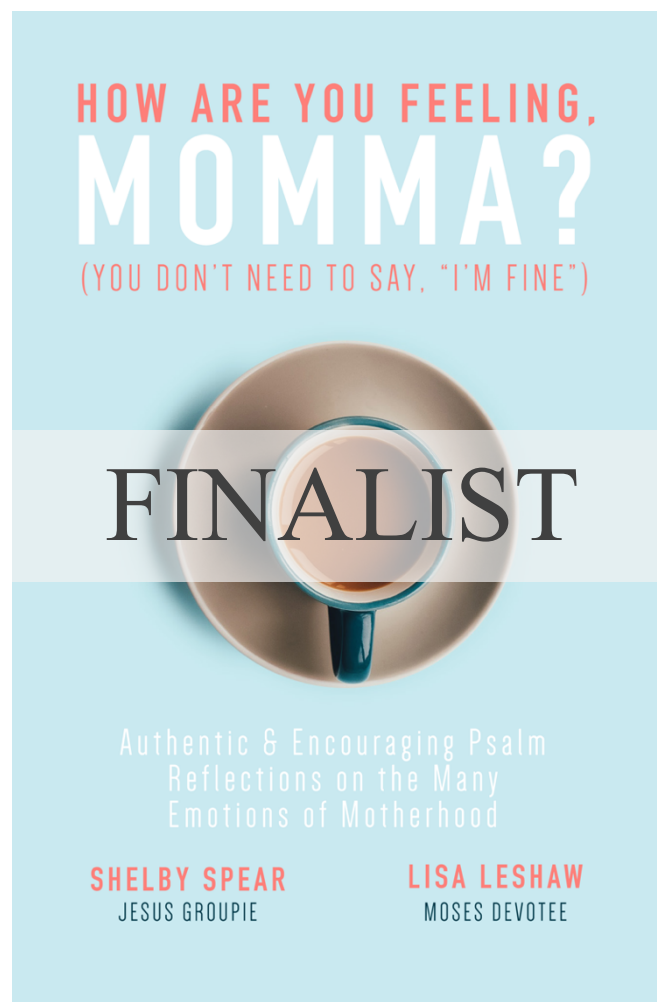
Publisher's Weekly 2020 **booklife** Finalist

"I appreciated Spear's and Leshaw's commitment to offering this work as a joint gift to moms. Their different faith backgrounds enriched the reflections and was an example of real-life unity in relationship. In a time where many Americans are divided along the religious and political spectrums, it was refreshing to receive their words. As a momma myself, I found the short chapters honest, approachable, and catalysts of meaningful personal reflection. Thank you, Shelby and Lisa, for creating a work that stitches us closer together in a time of such unraveling."

- Ashlee Eiland, author *Human(Kind): How Reclaiming Human Worth and Embracing Radical Kindness Will Bring Us Back Together*.

"An original, helpful, and inspiring book...a must for moms--and parents--everywhere."

- The BookLife Prize 2020



TESTIMONIALS



“It’s in this book where you will find freedom from hiding, from holding in those true emotions, from having to keep it all together with a perfectly coined, “I’m fine.” You can be real here. You can be you. You can reveal those sensitive parts and secret struggles as you realize you are not alone.”

Christine Carter, mom of two teens ages 13 and 15, and author of, *Help and Hope While You're Healing: A woman's guide toward wellness while recovering from injury, surgery, or illness* Blogs at Themomcafe.com



“As a mother of six, reading, *How Are You Feeling, Momma?* is like sitting on my front porch with a couple of friends and having a much-needed conversation.”

Laura Wolf, mom of six, ages 10 and under



“However you’re feeling at the moment, Momma—from afraid to worshipful to something in between—you’re not alone, and this reassuring resource offers proof of that from two beautiful moms who aren’t willing to settle for “I’m fine” and don’t think you should either.”

Elizabeth Spencer, mom of one teen and one 20-something daughter. Blogs at guiltychocoholicmama.blogspot.com



“This book is a delightful guide for mothers and grandmothers to reflect on the spiritual joys & challenges of motherhood”

Sandy McLeod, mom of two and grandmother of three



“Whether we identify as Jewish or Christian, as moms, when we open Scripture, we’re reading the same Psalms. It’s a beautiful thing to realize, as these women did, the way we apply the truths we read, in our home lives, our communities, and in our places of worship, are remarkably similar too.”

Traci Rhoades, mom of one 11 year-old. Blogs at tracesoffaith.com



“*How Are You Feeling, Momma?* is helpful, but it is so much more. Eloquently written, fresh, and dear. I felt seen and heard. Perfect.”

Jami Amerine, mom of 6 and author of *Sacred Ground*, *Sticky Floors* and *Stolen Jesus*



For immediate release:

Author's new book receives a warm literary welcome.

Readers' Favorite announces the review of the Non-Fiction - Parenting book "How Are You Feeling, Momma? (You don't need to say, "I'm Fine.")" by Shelby Spear and Lisa Leshaw, currently available at <http://www.amazon.com/gp/product/0578424185>.

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.

[Reviewed By Mamta Madhavan for Readers' Favorite:](#)

“How Are You Feeling, Momma? (You Don't Need To Say, "I'm Fine.")": Authentic & Encouraging Psalm Reflections on the Many Emotions of Motherhood by Shelby Spear and Lisa Leshaw is an engaging book that speaks about the challenges of motherhood. The parenting journey is not that easy and every mother has her share of ups and downs during the various stages and phases of growth of their children. Though each one has their unique parenting road, there are many common issues they all face, challenges they all encounter, and struggles they all endure. There is a universal bond all moms experience which is created through a mutual understanding of love and passion they have for their children. This book will give all moms the wisdom and understanding they require, and give them the confidence to reveal their secret struggles and sensitive issues.

Motherhood is a beautiful experience and I like the two different views about a topic that is so relevant. The 31 short reflections take readers into the inner lives and emotions of both the authors, which are universal. Reading the experiences of the authors will give comfort to all mothers and grandmothers out there to know that they are not alone. The book is fresh and original, and the personal reflection question at the end of each chapter is good when it comes to reflecting and introspecting. The book will take moms closer to

God and will help them realize that it is hard to get stuck in the muck when they focus on God and his glory. I like the authors' approach to the topic; it is different and I like how the authors seamlessly knit their two faiths into the topic of motherhood and include psalms to help moms handle motherhood more easily."

Readers' Favorite LLC

Media Relations

Louisville, KY 40202

800-RF-REVIEW

support@readersfavorite.com

<https://readersfavorite.com>





Judge, 27th Annual Writer's Digest Self-Published Book Awards

Entry Title: How Are You Feeling, Momma? (You don't need to say, "I'm fine.")

Author: Shelby Spear & Lisa Leshaw

Judge Number: 28

Entry Category: Inspirational

- Books are evaluated on a scale of 1 to 5, with 1 meaning “needs improvement” and 5 meaning “outstanding”

Structure, Organization, and Pacing: 5

Spelling, Punctuation, and Grammar: 5

Production Quality and Cover Design: 5

Plot and Story Appeal: 5

Character Appeal and Development: 5

Voice and Writing Style: 5

Judge's Commentary*:

Outstanding opener to the book, as the authors establish a nice, relatable foundation so that the reader feels heard, understood and supported (i.e. “there are common issues we all face” that helps with a sigh of relief.) Beautiful embracing of the reader. We know we are spending our time well with this book, as comfortable as we’re invited to feel right from the start.

‘Each chapter will drench you in grace’ is a standout example of the authors’ lovely use of description in sensory detail that brings their words to life. Beautifully done. I loved the spotlight on ‘fake it till you make it’ insights that can often sprout feelings of inauthenticity and dread. That alone is a book’s worth of healings and straightening out outdated advice. Well done.

Personal Reflections sections are strong, with fresh leading questions and plenty to assess. The authors identify which of them is speaking, deftly avoiding confusion. We get a duo of identifiable voices with fabulous transitions between them. Well done.

Authors have avoided danger points in sharing a narrative and providing a nice sense of organization in their content. Scripture is nicely-chosen with a fine mix of known and little-known Scripture to give the reader excellent inspiration, and – when they do recognize a bit of Scripture that they do know – a sense of self-confidence, that they are a bit on the right track with the things already in their knowledge. Very well done. This is accomplished through providing such a wide range of insights, questions, considerations and beautifully-chosen material when warranted. Not overdone, not skimpy. I found that to be one of the many strengths of this book.

Target Audience



WHO SHOULD READ

- **mothers**
- grandmothers
- **fathers (to understand their wives)**
- soon-to-be moms

BOOK BENEFITS

- **inspires moms to get real about their feelings**
- helps moms find comfort in knowing they are not alone
- **encourages moms to be vulnerable**
- helps moms see the value in communicating
- **gives moms two perspectives from a Christian and Jewish lens, and practical tools to manage emotions**
- helps moms connect the pleadings in their soul to the pleadings in the Psalms



Book Excerpt



Two

PSALMS FOR ALONE MOMS

Shelby's Reflection

Perhaps one of the greatest oxymorons of all time is a 'lonely mother' when you consider the 24/7 demands of little people. But loneliness is real and hits all of us up for many reasons. Sometimes we feel alone because we've lost our identity in motherhood. Other times we're lonely because we've reached the empty nest stage. One of the worst feelings of isolation is when we pay admission to the I'm the only one who club. The only mom who screams at her kids, burns dinner, forgets the tooth fairy, or leaves a basement door open, resulting in a toddler plummeting down the stairs. (That'd be me. I might be the only one). Or we believe we are the only mom who fights neediness, depression, insecurity, resentment, frustration, anger. The only mom who has a child who is _____ or does _____. We run these scripts through our minds, isolating ourselves even further out of fear, shame, and remorse.

An even harder scenario is the single mom, or the mom who balances everything because her husband works seven days a week, or the Mom whose spouse is sick and needs constant medical care. All situations produce heavy and tangible loneliness.

But we're never the only one who anything. There are thousands of Moms out there struggling just like we are—feeling the same feelings, battling the same wars. When we dare to be authentic and vulnerable about our feelings, we'll find soul sisters ready to "me too" us into fullness and connection. I can't tell you the number of times I've gaped when finding out my experiences as a mom aren't unique. The ache of loneliness can evaporate in an instant when we find common ground with another.

Admitting our sense of isolation is no easy task. In fact, doing so can feel humiliating. This is where God comes in. If we cry out to Him first by saying, "*Look at me and help me! I'm all alone and in big trouble.*" (Psalm 25:16 MSG), we might find out God has the perfect friend or even a total stranger ready to meet us where we're at. He works wonders that way. All we need to do is be on the lookout.

Lisa's Reflection

Being a mom can sometimes be a lonely experience despite the beauty and glory of this role. It seems contradictory to logic that we can feel alone amidst our children and all the daily routines that consume us, mind, body, and soul.

Yet have we not all found ourselves sitting in the middle of the living room rug on the verge of tears or well past the floodgates bursting open and wondering why? What's wrong with me? I have everything! I should be grateful for these miracles.

We keep these feelings to ourselves for fear that we will be judged. We hold on to the shame and guilt and never realize that the mom next door is sitting on HER living room rug contemplating the same feelings.

The vastness of our responsibility as moms could break us if we gave it too much thought.

So when we feel alone there are ways to combat the aloneness and ones I am certain are God-approved:

- Take a walk outside with your little ones, and smile at a stranger; it humanizes everything and causes an immediate change in perspective. You might well bump into another lonely mom, and if you help her feel better, it helps you as well!

- Sing! God gave us a voice so we could rejoice, and there's no better way to lift your spirit than to burst out in song. Grab your childhood microphone (hairbrush) and let it rip! If the neighbor chooses to close her window to drown you out, even better.

- Look through a photo album, which is a scrapbook of your life and a glorious reminder of the miles you have walked to get here. It, too, brings perspective back into focus.

- Take a look in the mirror and say 'Thank You' to YOU for doing an extraordinary job under incredibly difficult and challenging circumstances every day. Isn't motherhood beautiful and so challenging simultaneously?

When you find yourself stuck in the muck of motherhood, in the trenches where we all have been, open your Bible and read Psalm 40:2 (NIV): "*He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.*"

Personal Reflection:

What is one action you can take today to feel connected?

Interview Questions

1

Can you tell us a bit about your mothering backgrounds?

2

How did the two of you meet?

3

What inspired you to write *How Are You Feeling, Momma?*

4

Why the Psalms?

5

What was the process of writing the book like since you live in different states?

6

As moms, what was the hardest season of your mothering journey?

7

What was the most important lesson you learned as moms?

8

How did each of you manage all the emotions you experienced along the way?

9

Lisa, what wisdom can you share with moms from your empowerment circles?

10

Shelby, what wisdom can you share from your time serving in various ministries?

11

Why do you think it is so difficult for moms to be real about their feelings?

12

How can moms encourage one another to embrace vulnerability?

13

Some moms feel very isolated. Where and how can they meet new friends?

14

Depression is a very real issue with countless moms. What is your experience?

15

What is the best moms advice you've been given?

16

What is one of your proudest mom moments?

17

What do you hope your children say about you?

18

Which part of this book was the most difficult to write and why?

19

How has this partnership evolved since the start of this project?

20

What is the most beneficial takeaway you hope moms get from reading your book?

STORY IDEAS FOR JOURNALISTS:

HOW ARE YOU FEELING, MOMMA? (YOU DON'T NEED TO SAY, "I'M FINE")



Authentic & Encouraging Psalm
Reflections on the Many
Emotions of Motherhood

SHELBY SPEAR
JESUS GROUPIE

LISA LESHAW
MOSES DEVOTEE

- 1. Two Moms, Two Faiths, Two Voices:** Why is this important/valuable?
- 2. Power of vulnerability:** Why were the two of you so willing to be transparent?
- 3. Moms need to know they're never alone:** How does your book encourage moms to find strength and comfort from "me too"?
- 4. Hiding our feelings hides our true self:** Why is it so important for moms to be authentic in dealing with their emotions?
- 5. God's love is constant:** What have you learned over the years of mothering about God's love in challenging times?
- 6. Nobody is really "fine":** What steps can moms take to do away with the 'fake it til you make it' mentality?
- 7. Be real, be you:** What have you learned about the healing power of embracing motherhood emotions?
- 8. It's okay to have a million emotions:** How can moms learn to accept all their emotions, even the negative ones like impatience and jealousy?
- 9. Get help when necessary:** Why is it vital for moms to seek professional help when they are really hurting, depressed, etc.?
- 10. Take good care of yourself:** What ways can a mom insure self-care in the midst of the chaos?
- 11. Continue to work on self-growth:** How can a mom focus on her own needs while nurturing everyone else?
- 12. Honor and celebrate your child's uniqueness:** What tools can a mom utilize that will allow her to accept her child as he/she is?
- 13. Celebrate what you do right:** Why should a mom take time to focus on all she is doing right as opposed to feeling guilty about the failures?
- 14. Find your tribe:** How can moms find other moms to bond with and build authentic relationships built on trust and encouragement?

DOWNLOADABLE PHOTOS

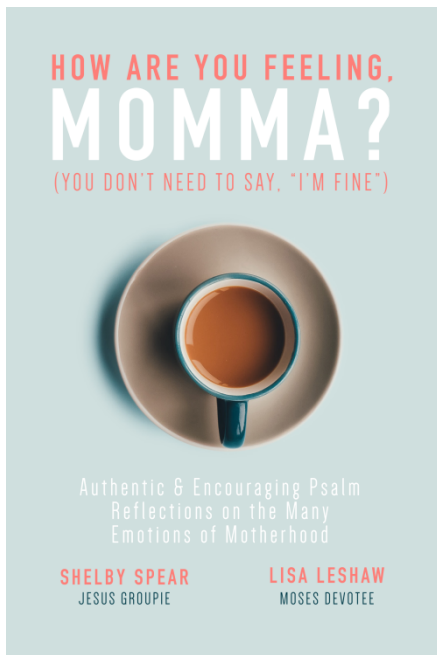
We appreciate requests for photographs for press use. Please email and let us know where you post your article so we can link to it!



[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)



[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)



[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)



[Download High Res Jpeg](#)
[Download Low Res Jpeg](#)

Connect with Shelby Spear

Email: shelby@shelbyspear.com

Phone: 440.669.9601

Website: shelbyspear.com

Facebook: facebook.com/shelspear

Twitter: [@shelspear](https://twitter.com/shelspear)

Instagram: instagram.com/shelspear

Pinterest: pinterest.com/shelspear



Connect with Lisa Leshaw

Email: ldleshaw@gmail.com

Phone: 631.696.2130

