



# The Momstown Guide to Getting It All: A Life Makeover For Stay-At-Home Moms

*Mary Goulet, Heather Reider*

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The hosts of the hit internet radio show MomsTown offer insights, resources, and motivation to help stay-at-home moms set and achieve their personal goals for a more satisfying life ore and more women are taking a break from their careers to devote time to being a mom. But as some women find, going from cleaning out the inbox to cleaning up the toy box can be a bit of a shocking transition. That's where The MomsTown Guide to Getting It All comes in. Internet radio hosts Mary Goulet and Heather Reider have been lifesavers to many stay-at-home moms, providing friendship, community, and motivation to women who might otherwise have felt marginalized. The MomsTown philosophy reminds moms that they can make their dreams come true without sacrificing family life in just ten weeks!

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