

Melanie Bowden Newsletter  
April 2007

Hi Everybody,

As a result of being too busy (and procrastination), there's a lot packed in this message.

1) Recent blog posts:

[The Good Body](#). I am so proud of this post. It's about Eve Ensler's lifelong struggle with her body image and how we can all learn to love our bodies.

Organizational Tips for Moms Series from my interviews with a professional organizer:

Part 1: [How New Moms Can Find a Sense of Organization](#)

Part 2: [Tackling All That Paper](#)

I'm far from a new mom, yet I found the tips very valuable. Part 3's Topic (coming soon): Streamlining Laundry.

2) Finally! My book cover is now up at Amazon along with Search Inside features. Here is the [link](#) or you can search at Amazon under Books, Why Didn't Anyone Tell Me?

The Search Inside icon above the book's cover allows you to view the following:

- Front Cover (bigger than what's on the original page)
- Table of Contents
- Copyright
- Excerpt (Chapter 1 from the book)
- Back Cover
- Surprise Me! (2 or 3 pages selected at random)

3) Thank you again to Michelle Trippi (I've lost track of how many times I've said that!) and her publication Community Kids. In the current issue there is an article on Blogging Mommies. Scroll to the bottom of the page at the following [link](#) to see what they had to say about yours truly.

4) Thank you also to Dana Paskowitz for inviting me to speak to her

Pregnancy Support Group on April 4th. What a fun group! If you would like me to speak to your group, please drop me a line.

#### 4) Upcoming Dates:

Next Tuesday, April 24th, 7 p.m. at the Davis Public Library: I will be a speaker for the Writers on Writing Series. Come hear about magazine and book writing, how I successfully published a book, and why I chose a print-on-demand company as my publisher. There will be lots of a time for your questions. I hope to see some of my local buds there.

Saturday, May 19th, from 9 a.m. to noon: I will be teaching a Magazine Writing for Beginners class through the City of Davis Parks and Community Services. This intense 3-hour workshop includes information on: Finding Article Ideas, Researching Magazine Markets, Writing Query Letters (don't know what those are? then come find out), Working with Editors, and more. Cost is \$30 for Davis residents and \$40 for nonresidents.

Saturday, May 26th: At my blog, Spit-Up On My Shoulder, I will host Dr. Eric Maisel. He is the author of "Ten Zen Seconds" which teaches you how to stay calm and centered. Eric's doing a blog tour (bet you haven't heard of that before!) where he visits different blogs to talk about his book.

I met Eric years ago and later interviewed him for an article on insomnia. His technique, Sleep Thinking, allows you to solve problems while you get a better night's sleep. It really works! You can see the insomnia article [here](#).

Thank you for reading this long announcement. I hope you and your family are happy and well.

Melanie Bowden

Author of *Why Didn't Anyone Tell Me? True Stories of New Motherhood*

<http://motherhood.booklocker.com>