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**In Time for Back-to-School, Local Author Releases New Book That Changes the Narrative for Working Moms to Find Freedom From Guilt**

*Katie Alexander aids the reader in finding freedom to embrace their job by shifting their perspective in, ‘This One’s for the Working Mama’*

APOLLO BEACH, Florida, August 13, 2019 – Seven-in-ten mothers of children under age 18 work outside the home today, according to Pew Research. In her new book, “*This One’s for the Working Mama: Permission to live with your soul on fire*” (published by WestBow Press) Alexander discusses the societal stereotypes for working women and develops a pathway to align personal and professional goals.

This book allows the reader to take inventory of the things taking time and space in their lives while considering choices that could result in a more purposeful journey. Working mothers are faced with challenges of finding balance and freedom from guilt over juggling their work, both inside and outside of the home. The message of the world in light of the Time’s Up movement and women’s advancement creates a pressure for women to be a part of a growing statistic of executive leadership. This narrative depicts working harder, making sacrifices and focusing on self above others.

Following the pathway to success as the world defines it leaves women coming up short, feeling discouraged and inadequate. While achieving this level of career success can still be attainable, the road to getting there could be fulfilling by shifting perspective. In her faith based book debut, Alexander was inspired to write this book to provide working mothers with an alternative path, one that is grounded in Biblical wisdom and truth. As a six-figure earner and influencer in her industry, she has translated that experience into a book that points women to creating a strategic plan for their life.

“This is the book that I wish I had ten years ago on my journey to becoming a working mom,” she explains. “While I achieved success in my career and climbed our corporate ladder at a rapid pace, I found very few faith based resources I could consult for career planning, personal development and motherhood from a working mom perspective. This book is for every mom who works outside the home, whether their goal is to be CEO of their company or stay content in their current job. The practical tips and guidance can provide the same soul freedom for every income level, job status and demographic of working mothers.”

“This One’s for the Working Mama: Permission to live with your soul on fire,” by Katie T. Alexander is available at Amazon and Barnes & Noble.

Hardcover, 204 pages: 978197366401, $33.95/Soft Cover, 204 pages: 9781973664024, $17.95/E- Book, 204 pages: 9781973664031, $6.99; Christian Living: Christian Women’s Issues/Christian Personal Growth/Christian Business & Professional Growth/Christian Motherhood). Related links: [https://www.amazon.com/This-Ones-Working-Mama-Permission/dp/197366402X/ref=tmm\_pap\_swatch\_0?\_encoding=UTF8&qid=&sr](https://www.amazon.com/This-Ones-Working-Mama-Permission/dp/197366402X/ref%3Dtmm_pap_swatch_0?_encoding=UTF8&qid=&sr)= ; <https://www.barnesandnoble.com/w/this-ones-for-the-working-mama-katie-t-alexander/1132900726?ean=9781973664024>

**About the Author**

Katie Alexander spent the 13 years building a prominent career in strategic planning and business development, but the most important job has been a loving wife and mother. Her mission in life is to bring balance to home and the work place, all while living for Jesus. She has spent many years leading women's Bible studies and helping lead others on their journey to the freedom. She translated this passion into a heart felt book based on finding a way to set your soul free from the bondage of guilt over being a working mom.