

PRESS RELEASE: The truth about why mothers are so unhappy – and 15 easy solutions

Honest advice for every mother and daughter

VANCOUVER, BC, June 20, 2016 – Maureen F. Fitzgerald, PhD, Gender Diversity Advisor and former lawyer, releases a new book about how the institution of motherhood holds women back and how to change it. It is titled, ***Motherhood is Madness – How to Break the Chains that Prevent Mothers From Being Truly Happy.***

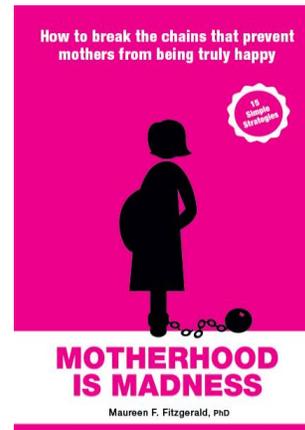
As an expert on gender, Dr. Fitzgerald was taken by surprise when she had children and realized that just like her own mother, she felt overwhelmed, exhausted, unsupported and under-appreciated. She noticed that we tend to blame mothers for this state of affairs and try to convince them that motherhood is blissful.

Fitzgerald also discovered that most mothers work 24/7 since they are both raising kids and working in jobs for pay. In other words, mothers are taking on the whole burden of raising the next generation without much help, recognition or compensation. As she says, “Young women walk blindly into the trap of motherhood and don’t realize what hit them. Only on divorce do they realize there was a whole system that holds them back.”

Motivated by her own failed attempts at balancing motherhood and a busy law practice and spurred on by her fear that her own daughters might fall into the same trap, Dr. Fitzgerald decided to tackle the roots of the problem once and for all. In her words, “If mothers knew about the research on how our societal system holds them back, they would think twice before having children.”

This book is a synthesis of research and is written in plain language. It not only describes the 15 main barriers that mothers face but also provides 15 specific strategies including: stop asking mothers to choose career or family; never expect mothers to be martyrs to kids; and make childcare available, affordable and acceptable. Although motherhood may be madness, it need not be. This book provides a manifesto for anyone who truly wants mothers to be happy and free.

Available on Amazon <http://www.amazon.com/Motherhood-Madness-Chains-Prevent-Mothers/dp/099398407X>



About the Author: Maureen F. Fitzgerald, PhD is a Gender Diversity Advisor. She helps corporations and governments build gender balanced organisations. Fitzgerald practiced labor and policy law for 20 years and taught at two universities. She has a business degree (BComm); a law degree (JD); a masters of law degree (LLM); a doctorate degree (PhD) and is the author of 12 books - on topics such as bullying, gender diversity and human resources.



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