



FOR IMMEDIATE RELEASE

Contact: Publicist, Lee Miller Munford  
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**BOOK RELEASE: NO ONE EVER TOLD ME... *Witty, Practical and Spiritual Truths About Motherhood***, the book is a Motherhood conversation that speaks to ALL Mommies debuts in September 2009

**Washington, D.C., August 24, 2009** – Mythikos Mommy proudly presents first-time author, Charlotte E. Avery and her highly anticipated book *No One Ever Told Me!* This humorous and loving chronicle of Motherhood's big and small surprises was written with a Mommy's unique passion. It is a celebration of the most common characteristic that bonds fabulous Mother's: Imperfection. *No One Ever Told Me* gives Mommies and friends of Mommies an intimate space to be imperfect, yet still fabulous.

During her first pregnancy, Charlotte combed the pregnancy and motherhood resources and entertained *Old Wives Tales*. But she, like most Mommies never considered the growing list of Mommy-isms that no one ever told her. The journey of discovery began with the pregnancy and birth of her first child five years ago. Carrying low, it's a girl. Carrying high, it's a boy. According to Charlotte, the baby resembled more of a shrimp than a boy or a girl, in the sonogram picture. It was a boy. As most Mommies and friends of Mommies can attest, it is an emotional celebration. It is a comical self-discovery. And for Charlotte, it was a spiritual escapade so joyous that she decided to renew her membership in the Fabulous Mommy Club four more times. No one ever told her that her new favorite accessories would be her children.

A must have for wanna-be Mommies, sister-friends of Mommies, obstetricians, and Mommies who greet head-on the uncertainties of hormonal imbalance, *No One Ever Told Me* is delightfully informative, thoughtfully revealing, and fabulously enlightening.

The launch of *No One Ever Told Me* indicates a clear shift in Mommy-authored tools for Mommies. The book enters an elite and uncluttered club of texts made for "Momshells" – Bombshell Moms whose experiences in Motherhood teach them to be their own measurers of fabulousity.

The Mythikos Mommy website, [www.mythikosmommy.com](http://www.mythikosmommy.com) is coming soon and will feature the Mythikos Mommy blog, *No One Ever Told Me* press kit, and links to networking platforms such as Twitter and Facebook. Readers all over the world will benefit from the uplifting and thought-provoking book that appeals to mothers and mothers-to-be, across generations and cultures. Readers can order the hardback book directly from the Mythikos Mommy website or Charlotte's publicist.

Mythikos/Mythikos Mommy | 5765-F Burke Center Pkwy | Number 163 | Burke, VA 22015  
703.568.7504 phone | 866.329.7185 fax | [info@mythikosmommy.com](mailto:info@mythikosmommy.com) | [www.mythikosmommy.com](http://www.mythikosmommy.com)

*Staying* **FABULOUS** *through* *Motherhood*

About the Author: Charlotte E. Avery is a stay-at-home mom, entrepreneur, minister, first-time author, minister's wife, motivational speaker, and a faithful Christian. She holds a Master of Sports Science degree in Sports Medicine from the United States Sports Academy and a Bachelors of Science degree in Therapeutic Recreation from Hampton University. Charlotte also holds a Certificate of Biblical Studies. She currently serves as the President and CEO of Mythikos Mommy LLC, and resides in Northern Virginia.

About the Book:

ISBN: 9780981994109

100 Pages; Hardcover; Color Photography

Retail Price: \$15.95

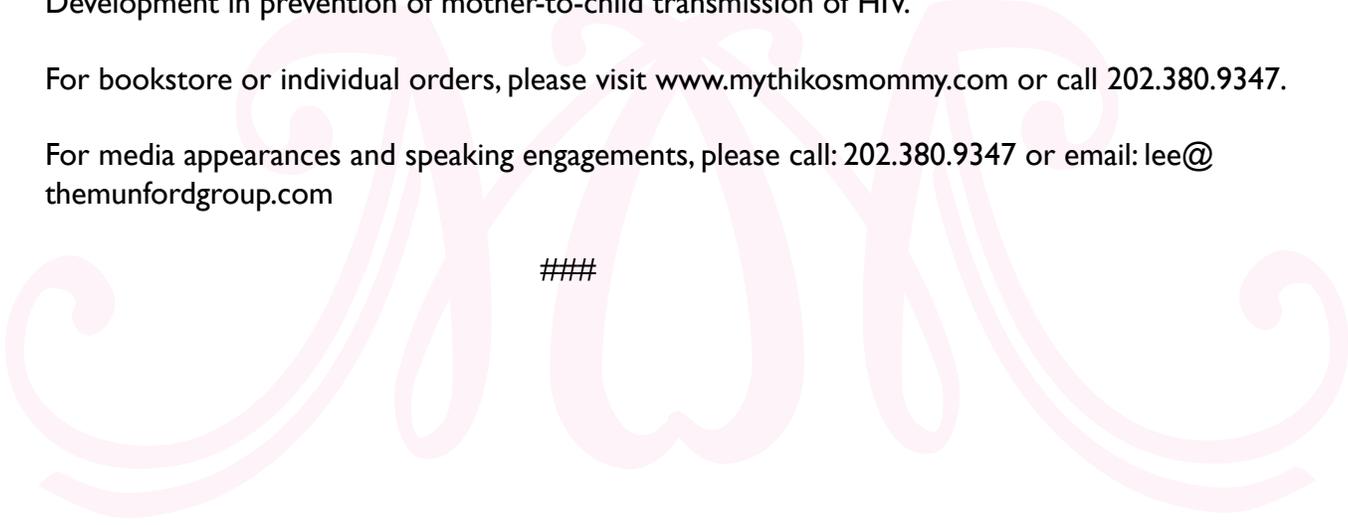
Self-Published: May 2009

The author will donate a portion of all proceeds to MAHN Healthcare for Programmatic Development in prevention of mother-to-child transmission of HIV.

For bookstore or individual orders, please visit [www.mythikosmommy.com](http://www.mythikosmommy.com) or call 202.380.9347.

For media appearances and speaking engagements, please call: 202.380.9347 or email: [lee@themunfordgroup.com](mailto:lee@themunfordgroup.com)

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Mythikos Mommy proudly presents first-time author and fifth-time Mommy, Charlotte E. Avery and her highly anticipated book *No One Ever Told Me... Witty, practical and spiritual truths about motherhood, the author begins a conversation that invites ALL Mommies*

**Washington, D.C., September 4, 2009** -- This humorous and loving chronicle of Motherhood's welcome surprises was written with a Mommy's unique passion. It is a colorful celebration of the most common characteristic that bonds fabulous Mother's: Imperfection. *No One Ever Told Me* (September 2009; \$15.95; ISBN: 9780981994109) gives Mommies and friends of Mommies an intimate space to be imperfect, yet still fabulous.

Charlotte E. Avery's intoxicating spirit and unchallenged wit invites Mommies, self-proclaimed fabulous women from all cultures into an intimate space reserved just for the soul of a Mother. A lady's lady who lives life with fervor and according to God's Word, Charlotte is a minister, a minister's wife and an engaging motivational speaker who shares textual and visual snapshots of her candid anecdotes in this 100-page gem.

The journey began with the pregnancy and birth of her first child five years ago. Carrying low, it's a girl. Carrying, high, it's a boy. According to Charlotte, the baby resembled more of a shrimp than a boy or a girl in the sonogram picture. It was a boy. It was an emotional celebration. It was a comical self-discovery. And for Charlotte, it was a spiritual escapade so joyous that she decided to renew her membership in the Fabulous Mommy Club four more times. No one ever told her that her new favorite accessories would be her children.

The launch of *No One Ever Told Me* indicates a clear shift in Mommy-authored resources for Mommies. The book enters the elite and uncluttered club of books made for "Momshells" – Bombshell Moms whose experiences in Motherhood teach them to be their own measurers of fabulousity.

Charlotte is a stay-at-home mom, entrepreneur, first-time author, and a faithful Christian. She holds a Master of Sports Science degree in Sports Medicine from the United States Sports Academy and a Bachelors of Science degree in Therapeutic Recreation. Charlotte also holds a Certificate of Biblical Studies. She currently serves as the President and CEO of Mythikos Mommy LLC, and resides in Northern Virginia.

The author will donate a portion of all proceeds to MAHN Healthcare for Programmatic Development in prevention of mother-to-child transmission of HIV.

To arrange an interview or book, contact Lee Miller Munford/The Munford Group: 202.380.9347 or [lee@themunfordgroup.com](mailto:lee@themunfordgroup.com).

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*Staying* **FABULOUS** *through Motherhood*



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Mythikos Mommy proudly presents first-time author and fifth-time Mommy, Charlotte E. Avery and her highly anticipated book *No One Ever Told Me... Witty, practical and spiritual truths about motherhood, the author begins a conversation that invites ALL Mommies*

**Washington, D.C., September 23, 2009** -- This humorous and loving chronicle of Motherhood's big and small surprises was written with a Mommy's unique passion. It celebrates the most common characteristic that bonds fabulous Mother's: Imperfection. *No One Ever Told Me* (\$15.95) gives Mommies and friends of Mommies an intimate space to be imperfect, yet still fabulous.

During her first pregnancy, Charlotte combed the Mommy resources and entertained Old Wives Tales. But she, like most Mommies never considered the growing list of Mommy-isms that no one ever told her. The journey began with the pregnancy and birth of her first child five years ago. Carrying low, it's a girl. Carrying high, it's a boy. According to Charlotte, the baby resembled more of a shrimp than a boy or a girl, in the sonogram picture. It was a boy. It was an emotional celebration. It was a comical self-discovery. And for Charlotte, it was a spiritual escapade so joyous that she decided to renew her membership in the Fabulous Mommy Club four more times. No one ever told her that her new favorite accessories would be her children.

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The author will donate a portion of all proceeds to MAHN Healthcare for Programmatic Development in prevention of mother-to-child transmission of HIV.

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*Staying* **FABULOUS** *through* *Motherhood*



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Contact: Publicist, Lee Miller Munford  
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Host: Capital Bookfest and Borders. Local Author, Charlotte E. Avery Invited to Participate on Minister's Panel

**Washington, D.C., September 24, 2009** – Charlotte E. Avery, minister and author of *No One Ever Told Me... Witty, Practical, and Spiritual Truths about Motherhood* (ISBN: 9780981994109/Retail price: \$15.95) is one of three authors invited to participate on a Ministers panel at the Capital Bookfest on October 3, 2009. This popular literary event will be held at the Boulevard at the Capital Centre, in Largo, MD, from 10am to 7pm.

During her first pregnancy, Charlotte combed the Mommy resources and entertained Old Wives tales. But she, like most Mommies never considered the growing list of Mommy-isms that no one ever told her. For Charlotte, motherhood is a spiritual escapade so joyous that she decided to renew her membership in the Fabulous Mommy Club four more times. No one ever told her that her new favorite accessories would be her children.

The launch of *No One Ever Told Me* indicates a clear shift in Mommy-authored resources for Mothers. The book enters the elite and uncluttered club of tools made for “Momshells” – Bombshell Moms whose experiences in Motherhood teach them to be their own measurers of fabulousity.

Avery will be exhibiting and signing her much-anticipated book throughout the day. It can also be ordered directly from [www.mythikosmommy.com](http://www.mythikosmommy.com) or Charlotte's publicist.

Also an entrepreneur, stay-at-home Mom, and fitness enthusiast, Avery will donate a portion of all proceeds to MAHN Healthcare for Programmatic Development in prevention of mother-to-child transmission of HIV. Avery is an alumna of Hampton University and the United States Sports Academy, earning a B.S. in Therapeutic Recreation and an M.S. in Sports Medicine, respectively. Avery is the President and CEO of Mythikos Mommy, LLC. She lives in Northern, VA with her husband and children.

To arrange an interview or book, contact Lee Miller Munford at The Munford Group: 202.380.9347 or [lee@themunfordgroup.com](mailto:lee@themunfordgroup.com).

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Host: Author Charlotte E. Avery Returns to Greater Mount Calvary Holy Church in Washington, D.C. with her much-anticipated book, *No One Ever Told Me... Witty, Practical, and Spiritual Truths about Motherhood*

**Washington, D.C., October 26, 2009** – Charlotte E. Avery, minister and author of *No One Ever Told Me... Witty, Practical, and Spiritual Truths about Motherhood* will make a guest appearance and sign copies of her new book at Greater Mount Calvary Holy Church in Northeast Washington, D.C. on Sunday, November 1, 2009, from 8:30 am to 2:00pm.

This book tour stop is especially important to the author because as her home church, Greater Mount Calvary contributed to Avery's spiritual foundation and growth.

During her first pregnancy, Avery combed the Mommy resources and entertained old wives tales. But she, like most Mommies never considered the growing list of Mommy-isms that no one ever told her. In her new book, she intimately walks readers through her experiences in Mommyhood, both joyful and tearful. She shares wisdom that is fruitful for all women. *No One Ever Told Me* is timeless and an inspirational resource for all women. Readers will be compelled and they will be encouraged.

Avery, who is also an entrepreneur, stay-at-home Mom, and fitness enthusiast, will donate a portion of all proceeds to MAHN Healthcare for Programmatic Development in prevention of mother-to-child transmission of HIV. Avery is an alumnus from Hampton University and the United States Sports Academy, earning a B.S. in Therapeutic Recreation and an M.S. in Sports Medicine, respectively. Avery is the President and CEO of Mythikos Mommy, LLC. She lives in Northern, VA with her husband and children.

Readers can order the hardback book directly from [www.mythikosmommy.com](http://www.mythikosmommy.com) or Avery's publicist. *No One Ever Told Me... Witty, Practical, and Spiritual Truths about Motherhood* (ISBN: 9780981994109/Retail price: \$15.95) is also available at Borders Bookstore in Largo, MD and the Greater Mount Calvary Holy Church Bookstore. Call 202.832.4130 to order a copy.

To arrange an interview or book Charlotte for a guest appearance, contact Lee Miller Munford at The Munford Group: 202.380.9347 or [lee@themunfordgroup.com](mailto:lee@themunfordgroup.com).

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