

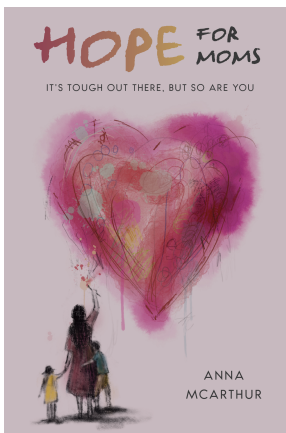


April 24, 2025

FOR IMMEDIATE RELEASE:

New Book by Author Anna McArthur Provides Reassurance to Mothers to Survive and Thrive Through Motherhood

ATHENS, GA — Expound Publicity is pleased to announce the release of *Hope for Moms: It's Tough Out There, But So Are You*, written by Anna McArthur.



Hope for Moms offers an authentic guide for mothers navigating both the joys and heartbreak of being a mom, sharing Anna McArthur's personal journey through parenting difficulties such as learning disabilities, LGBTQ+ identities, and adoption.

Structured around a triage plan that helped the author prioritize her family's needs, it includes practical insights, quotes, and reflection questions to support moms in their journey of resilience and soul care. With gentleness and humor, McArthur provides reassurance to mothers, reminding them they have the strength to not only survive motherhood, but thrive.

McArthur wrote this heartfelt book to illuminate the struggles of parenthood while showing moms they can learn from their experiences and decide which lessons are worth keeping.

“Being a mom is so hard,” said McArthur. “It can feel like you’re making it up as you go, but you’re doing your best and you aren’t alone.”

Anna McArthur is a mom to four kids, including two recent college graduates and twin girls who are high schoolers. She is a blogger, newspaper guest columnist, and contributor to parenting magazines and websites, including Her View from Home and the Motherly Collective. A graduate of Clemson University and Columbia Theological Seminary, Anna lives in Athens, Georgia, with her husband, Bryan, and their teenaged girls, who are much cooler than her.

To find more information about the author, follow McArthur on [Facebook](#) or [Instagram](#).

Hope for Moms (ISBN: 978-1-64343-560-2) will be available on Amazon, Barnes & Noble, and wherever books are sold on April 24, 2025.

To set up an interview, reading, signing, or for information regarding *Hope for Moms*, please contact Alysson at info@expoundpublicity.com.

About Expound Publicity

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seasoned marketer, Alysson Bourque. Expound Publicity is a full-service book marketing agency specializing in custom publicity campaigns. Learn more at expoundpublicity.com.

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