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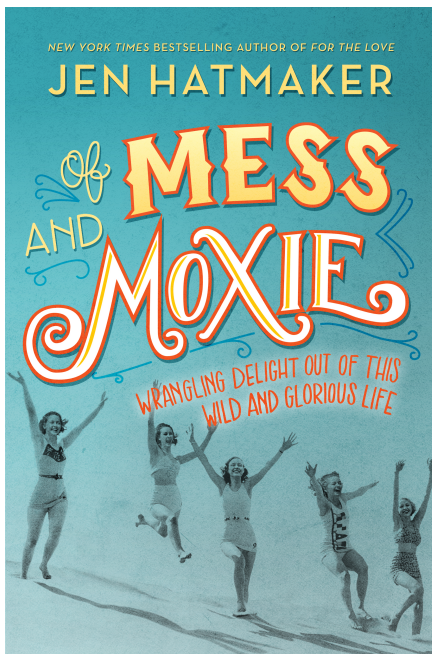
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Jen Hatmaker Takes Laughs and Lessons to New Highs in Forthcoming *Of Mess and Moxie*

"Moxie. It is a throwback to women with pluck, with chutzpah, with a bit of razzle dazzle. It says: I got this...we got this together."

– Jen Hatmaker, *Of Mess and Moxie*

Nashville, Tenn., – August 8, 2017 – These days, it's pretty good to be a woman. But, that doesn't mean it's easy. Days are messy, pain is real, guilt still dogs us all. But women—ordinary, everyday women—have never been braver, stronger, or more self-empowered. We are, as beloved leader Jen Hatmaker puts it, bringing moxie back.



In her highly anticipated new book **OF MESS AND MOXIE: WRANGLING DELIGHT OUT OF THIS WILD AND GLORIOUS LIFE** (Nelson Books; ISBN: 978-0718031848; August 8, 2017; \$22.99), which debuted #2 on *New York Times* list, Hatmaker—the bestselling author, HGTV personality, and in-demand speaker—revels in the beauty and possibilities of a “normal” life, with all the gut-busting hilarity and wisdom her readers have come to expect.

OF MESS AND MOXIE adopts a similar format to Jen's bestselling “For the Love: Fighting for Grace in a World of Impossible Standards,” combining essays, laugh-out-loud “how-to” sections, and recipes to create lively treatises on parenthood, marriage, food, friendship, guilt, faith, health, forgiveness, personal growth, and so much more.

“Life can be hard because life can be hard,” Jen writes. “We’re not doing it wrong. What matters is excavating our pluck from the rubble and refusing to be defined by loss.” A page-turner that reads like a long talk with a best friend, **OF MESS AND MOXIE** is both playful and profound. Readers will explore:

Dark seasons

OF MESS AND MOXIE may be Jen’s most vulnerable and relatable work to date. She discusses recent personal challenges, including a health scare, the struggles of loved ones with issues including infertility, her mother’s cancer diagnosis, and so much more. Jen shares the steps she took to push through and emerge even stronger.

How to do just about everything

Four hilarious how-to sections offer life hacks for dieting, shopping, parenting, and everything in between. An example? “How to find a missing child: 1. Prepare to take a shower or go to the bathroom. 2. Shut door.” The hilarity is by no means confined to the “how-to” lists. In chapter 13, Jen tackles yoga: “What grown adult can hold a handstand for three minutes? A sorcerer?”

Personal growth and change

Using her own evolution as an example, Jen encourages readers to dream and shed old labels that may have once fit but now do nothing but hold us back. “You are not stuck in a category just because you were once branded that way,” she writes. “Just because something was does not mean it will always be.”

Contemporary life’s mindful dilemma

“It’s so weird to live in this world,” Jen writes. “What a bizarre tension to care deeply about the refugee crisis in Syria and also about *Gilmore Girls*.” While encouraging the awareness and sense of urgency that now shapes most worldviews, Jen also urges readers to recognize that there are times for joy and times for tears, times for hard work and times for play.

Mom guilt

“We are the generation that does more for our kids than ever in history yet feels the guiltiest,” Jen writes. Comparing today’s “attentive” parenting to the more hands-off approach she experienced as a child, she gently encourages moms to take honest stock of all they’re doing—and relax. “You guys, the kids are fine,” she writes. “We are fine. We need to sturdy up a bit.”

Raising teenagers

Never one to shy away from tough topics, Jen dives into parenting teens with signature gusto. She urges moms and dads not to wait for their kids to approach

them, but to start tough conversations by asking teens about sexuality, struggles, faith, and more. Jen emphasizes that she and her husband have made it clear to their five kids that they can tell them absolutely anything and mom and dad won't freak out—then they followed through and kept their cool in the face of tough confessions and questions. “You want to shut down communication?” she writes. “Fall apart, scream, overreact, shun. When you have no earthly idea how to respond yet, just say: ‘Tell me more about that.’”

A marriage that lasts—and is happy

Married to Brandon for more than two decades, Jen discusses how to nurture a marriage with comforting and enlightening candor. “After twenty-three years, we’ve discovered deference and preference—deferring to the other’s process and preferring each other’s needs,” Jen writes. “This comes naturally around 38 percent of the time, so that seems like a miracle.”

Forgiving and listening

The book’s timely chapters on forgiveness, love as an action, and dialogue include priceless nuggets of wisdom. “Love refuses to deny or dismantle another’s perspective simply because I don’t share it,” Jen writes. “At the core of love, it means caring more about that person’s soul than anything else.”

Perhaps most of all, **OF MESS AND MOXIE** gives more Jen Hatmaker to a world in desperate need of her wit, candor, and grace.

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About Jen Hatmaker

Jen Hatmaker is the author of the *New York Times* bestseller “For the Love” and the **OF MESS AND MOXIE: WRANGLING DELIGHT OUT OF THIS WILD AND GLORIOUS LIFE**, out which debuted at #2 on the *New York Times* list. Jen is the happy hostess of a tightly knit online community and top podcast, “For The Love with Jen Hatmaker,” where she reaches millions of people each week. She and her husband, Brandon, founded the Legacy Collective, a new kind of giving community focused on partnering, pioneering, and funding sustainable solutions to systemic social issues, which granted more than a million dollars in its first year. They also starred in the popular series “My Big Family Renovation” on HGTV. Jen is a mom to five, a sought-after speaker, and a delighted resident of Austin, Texas, where she and her family are helping keep Austin weird. For more information, visit jenhatmaker.com.