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Introducing Mom Talk Radio, the first radio talk show dedicated to *real-life* moms. Hosted by Maria Bailey, author, founder of BlueSuitMom.com and mother of four active kids.

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Date Show Topics

05-04-06 **The Wide-Eyed Wonder Years - A Mommy Guide to Preschool Daze**

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This week Maria speaks with Laura Geist & Susan Sorensen, authors of, "Praying Through Cancer." Next she talks to Lauren Mayer, singer and song writer. They talk about her CD entitled "Psycho Super Mom". Next Lisa Beres, founder of Green Nest is discussing How to Create a Non-Toxic Nursery in 5 Easy Steps. And Lorilee Craker, the author of, "The Wide-Eyed Wonder Years - A Mommy Guide to Preschool Daze."

04-19-06 **Overcoming Mommy Guilt**

LISTEN NOW

This week Maria speaks with Devra Renner & Aviva Pflock, co-authors of "Mommy Guilt: Learn to worry less, focus on what matters most, and raise happier kids." Next she speaks with Margaret Sagarese, co-author of "Boy Crazy!: Keeping our Daughter's Feet on the Ground When Her Head is in the Clouds" Janice Karman, President of Bagdasarian Productions, creator of "Little Alvin and the Mini-munks" (pre-school-age versions of the same Chipmunks) and Laura Oles, author of "Digital Photography for Busy Women: How to Manage, Protect and Preserve Your Favorite Photos."

04-12-06 **Being Present With Your Children - For The Mind That Doesn't Stop**

LISTEN NOW

This week Maria speaks with Stacy Philips, author of "Divorce: It's All About Control, Judy Carden, author of "What Husbands Need: Reaching his Heart and Reclaiming his Passion, Sandra Lee Stewart Epstein, Being Present with your Children - For the Mind that Doesn't Stop and Dr. Peter Rabins, author of "Getting Old Without Getting Anxious"

04-5-06 **The Wall Between Women: The Conflict Between Stay-at-Home and Employed Mothers**

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This week Maria talks with Beth Brykman, author of "The Wall Between Women: The conflict between Stay-at-home and Employed Mothers". Next she speaks with Dr. Sorai Stuart, author of "Nutrition For Your Body, Mind & Spirit" Dr. Sorai talks about the 7 simple steps to get your child to eat better. Next Dave Veerman, author of "Letting Them Go: Prepare your Heart, Prepare your Child for Leaving Home.

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- 03-22-06 **Mommy Land: Entering the Insanity of Motherhood**
This week Maria speaks with Susan Warner, co-author of "Sole Sisters: Stories of Women and Running." Karen-Steede Terry, author of "Full-Time Woman, Part-Time Career" discusses launching a flexible business that fits your life, feeds your family, and fuels your brain. Karen Quinn, author of "The Ivy Chronicles," introduces us to a crazy world where parental ambition gets passed onto kids like a disease and childhoods are traded like stocks. Next she speaks with Victoria Pericon, author of "Mommy Land: Entering the insanity of Motherhood."
- 03-15-06 **Remodel Your Reality - Seven Steps to Rebalance Your Life and Reclaim Your Passion**
This week Maria speaks with Harvey Diamond the author of "Fit for Life" and his new book "Living Without Pain. Next Kim Fulcher talks with Maria about how to Remodel Your Reality. Victoria Loveland-Coen the co-creator of "The New Mommy Coupon Book, or 28 Ways to Help Her Get Through the Day". Hayley DiMarco, author of "Sexy Girls: How Far it Too Far When Skin is In?"
- 03-08-06 **Women, Emotions and Cash**
This week Maria talks with Nicki Anderson, author of "Reality Fitness" whose philosophy is "Fit isn't skinny and diets don't work." Next she speaks with Sandra Lee Stewart Epstein, executive and Personal Coach. Followed by Liz Perle, author of "Money, a Memoir: Women, Emotions and Cash" and finally Dr. Tom Seabourne, author of "The Pocket Idiot's Guide to Great Abs, Great Buns and Thighs and Great Upper Body."
- 03-01-06 **Strategies for Saving Your Sanity in Parenting**
This week Maria speaks with Catherine Hickem about Teaching your Kids to Think Safe. Next she talks with Dr. Mike Thomson, author of "Strategies for Saving Your Sanity in Parenting." Then, Carole Lewis, author of "Stop It! Quit Sabotaging Yourself and Start Living." And, Gayle Buske the Founder, President, and CEO of Team Double-Click, Inc., where she and her team work with small and home-based businesses to provide virtual office assistance.
- 02-22-06 **Wish you had your Kids Energy? Learn about the Total Mom Energy Diet**
Today Maria gets a new dad's point of view when she speaks with Roger Friedman author of "Nipple Confusion, Uncoordinated Pooping and Spittle: The Life of a Newborn's Father". Phill Carter from Nightform.com talks with Maria about an infant sleep mattress that helps prevent skull flattening and SIDS. Janet Alston Jackson, author of "A Cry for Light: A Journey into Love" and Hannah Keeley author of "The Total Mom Energy Diet" and "Hannah's Art of Home".
- 02-14-06 **Getting Beyond Being a "Yes Mom"**
This week Maria speaks with Susan Newman author of "The Book of No: 250 Ways to Say It--and Mean It and Stop People-Pleasing Forever". Molly Gold, founder of GO MOM! Inc. and the inventor of the GO MOM! Planner. Ruth King CEO of Business TV Channel, she is an entrepreneur and author of the new book, The Ugly Truth About Small Business. And Kathryn Sansone author of "Woman First, Family Always", real-life wisdom from a mother of ten.
- 02-07-06 **Mind Over Money, Your Path to Wealth and Happiness**
This week Maria talks with Eric Tyson, author of "Mind Over Money, Your Path to Wealth & Happiness. Michelle Howe talks about "Mid-Life Depression Triggers: What's Yours?" John Mckee, author of "21 Ways Women in Management Shoot Themselves in the Foot" and Os Hillman talk about his book "The 9 to 5 Window: How Faith Can Transform the Workplace."

- 01-24-06 **Connection Parenting, Bringing Home Baby**
Maria talks with Pam Leo author of "Connection Parenting." Jeanne Murphy, author of "Bring Home Baby" and "Baby Makes Three." Nancy Cleary from Wyatt-MacKenzie Publishing talks with Maria about the Mom-Writers Publishing Cooperative and Dorothy Dougherty author of "Teach Me How to Say it Right: Helping Your Child with Articulation Problems."
- 01-18-06 **A Woman's Path to Wholeness**
This week Maria speaks with Dr. Carolyn Porter the author of A Woman's Path to Wholeness, The Realness of a Woman. Dr. Wendy H. Weiner who is starting a new high school with the Ft. Lauderdale Children's theatre. Cheryl Tallman founder of Fresh Baby and Merrilee Kern, author of It's Not Your Fault That You're Overweight - A Story of Enlightenment, Empowerment, and Accomplishment for Overweight and Obese Kids.
- 01-10-06 **Questions Kids Ask About Sex: Honest Answers for Every Age**
This week Maria talks with Melissa Cox editor of Questions Kids Ask About Sex: Honest Answers for Every Age. Julie Watson Smith author of Mommyhood Diaries, Living Chaos One Day at a Time. Derek Randel talks about School Violence and Bullying and offers tips to help prevent bullying. Also, Lynda Gwynn talks about the AAA Travel High School Challenge.
- 12-20-05 **Cracked at Birth, The Reading Mom, Speaking Mom-ese, Moms with Special Needs Kids**
This week Maria speaks with Kathryn Mahoney, author of "Cracked at Birth: One Madcap Mom's Thoughts on Motherhood, Marriage & Burnt Meatloaf," Margaret O'Hair, The Reading Mom, author Lisa Whelchel, best known for her starring role as Blair Warner on NBC's "The Facts of Life" speaks about her new book "Speaking Mom-ese: Moments of Peace & Inspiration in the Mother Tongue" and Valerie Herkowitz talks about work/family balance for moms with special needs kids.
- 12-13-05 **Would Somebody Please Send Me to My Room**
This week Bob Schwartz talks about his book Would Somebody Please Send Me to My Room, Mark Siegel an executive director at Cingular Wireless talk about how Moms can use their cell phones to improve the safety of children, Cindy Post author of The Gift of Good Manners, A Parent's Guide to Raising Respectful, Kind, Considerate Children and Dr. Harvey Karp talks about how to raise The Happiest Toddler on the Block.
- 12-05-05 **Why Can't You Communicate Like Me?**
This week Maria speaks with Laura Browne, author of "Why Can't You Communicate Like Me?, How Smart Women get Results at Work," Dr. Peter Benson, author of "What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids," Christine Martinello, author of the "Momager Guide-Empowering Moms to Leave a Loving Legacy" and Mikki Morrissette, author of "Choosing Single Motherhood: The Thinking Woman's Guide."
- 11-30-05 **Divorcing Wisely, Overweight Kids, Women Betray other Women at Work,Asian Parents Raise High Achievers**
This week Maria talks with Cindy Hide author of 7 Steps to Divorcing Wisely, Abby Ellin author of Teenage Waistland a look into the lives of overweight kids, Nan Mooney, author of I Can't Believe She Did That! Why Women Betray Other Women at Work and Jane Kim author of Top of the Class, How Asian Parents Raise High Achievers-and how you can too.

- 11-18-05 **How to Save your Marriage Before its Too Late, My Backyard, Happy Children** [LISTEN NOW](#)
This week on Mom Talk Radio, Dr. John Jacobs tells you how to save your marriage before it's too late. We talk with Randall Rosilli creator of My Backyard Books and CDs. Also, Elaine Addison a modern-day Mary Poppins has worked for many high profile clients, her childcare recipe is discipline plus fun, and Dr. Harvey Karp author of The Happiest Baby on the Block book and DVD with the secrets of calming crying babies.
- 10-18-05 **Meeting Other Moms and Being a Slacker Mom** [LISTEN NOW](#)
This week we talk with Andrea Vincent the founder of seeMOMMYrun.com. This website helps moms find or start running or walking groups in their area. Muffy Mead-Ferro author of the best selling Confessions of a Slacker Mom talks about what it really means to be a "Slacker" mom or wife. Ann Louise Gittleman, the author of Hot Times, talks about a woman's change of life.
- 9-12-05 **Follow Your Dreams** [LISTEN NOW](#)
This week we talk about following your dreams, the power of laughter and raising boys. Guests include Lisa Hammond, author of "Dream Big," Nan Crockett Rutter, from the Breakaway Laughter Company, Dr. Peggy Drexler, author of "Raising Boys Without Men" and Ivy Larson, author of "The Gold Coast Cure.
- 7-12-05 **Preventing Against Breast Cancer** [LISTEN NOW](#)
Dr. Christine Horner, author of Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer" shares suggestions on how to lessen your odds of breast cancer. We'll also speak with best-selling personal finance author Clark Howard about how to teach your children the value of money. Other Guests include Paula Schmitt and Dr. David Nathan.
- 7-05-05 **Dealing with Sleepless Toddlers** [LISTEN NOW](#)
This week we talk with parenting author Elizabeth Pantley about helping your child sleep. She is the author of "The NO Cry Sleep Solution for Toddlers and Pre Schoolers." Dr. Robert Greene explains how to have a healthy hormonal balance. Randine Lewis, author of "The Infertility Cure" shares the ancient Chinese secrets for getting pregnant and having healthy babies.
- 5-17-05 **Teen Depression** [LISTEN NOW](#)
This week Dr. Norman T. Berlinger shares how to help your depressed teen. Leonard Felder, author of Wake Up or Break Up, shares steps to strengthen your relationship. Dr. Paul Pearsall challenges the common "truths" we learn from self-help books.
- 5-11-05 **The Juggling Act** [LISTEN NOW](#)
Wendy Sachs, author of "How She Really Does It," shares how working moms can juggle work and family. Molly Gold, founder of the Go Mom Planner, shares how to keep it all in balance. Nancy Vogl, author of Chicken Soup for the Single Parents Soul.
- 5-03-05 **How Motherhood Makes You Smarter** [LISTEN NOW](#)
This week we'll talk to with Katherine Ellison author of "THE MOMMY BRAIN: How Motherhood Makes Us Smarter", she'll help us discover the positive ways in which having children changes mothers' brains for the better. Elaine Magee explains how what you eat affects headaches and migraines. We'll learn how to make wise life choices with Natasha Munson author of "Life Lessons for my Sisters."

4-26-05

Midlife Crisis and Dealing with Husbands

This week we talk with Wall Street Journal columnist Sue Shellenbarger, author of "The Breaking Point: How Female Midlife Crisis Is Transforming Today's Women" about dealing with a female midlife crisis. the challenges with understanding your husband and his role in parenting and bringing home a new baby

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