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New author offers hope, comfort and relief to sufferers of Housework Blues

York, North Yorkshire, March 2010

“I couldn’t find the book I so desperately needed – so I wrote it myself.”

When mother of two, Danielle Raine, became a full-time work-at-home/stay-at-home mum, she found the constant cooking and cleaning so overwhelming and frustrating that she needed help. Hiring help was out of the question, so she sought advice on how to become more motivated – and less resentful of all the mundane chores.

Being a keen reader, she sought the relevant books, yet all she found was information on how to clean your home. Nowhere could she find advice on dealing with the psychological aspects, such as the futility or boredom. So, when her unhappiness began to affect her relationships with her family, she decided to do something about it.

“After doing a search on the internet, I discovered there were more women, just like me, who struggled with the domestic side of family life. So every time I had an idea that helped me, I wrote it down.”

These scribblings eventually grew into a book, which has just been released. Entitled, ‘Housework Blues – A Survival Guide’, it’s already receiving some heartfelt reviews from many grateful women.

One reader, Tracey Frazier, claims, “This book should be a must read on everyone’s list.” Another reader, Tami Brady, says; “It’s extremely hard to stay motivated or see the value in the time and effort spent. Housework Blues provides a variety of helpful strategies.” Reader Alison Bayne went as far as to say, “The world needs this book!”

Danielle explains the concept behind the book, “Many women aren’t naturally domestic yet we still have the work to do. Coming to terms with the psychological issues surrounding housework can make the actual chores less stressful – which makes for a far more peaceful family life.”

The book addresses the whole spectrum of Housework Blues, from the more complex mental aspects such as futility, boredom, injustice, inferiority or superiority, to the simpler issues of being overwhelmed, lack of energy or motivation. The solutions are delivered in a series of short articles, written in a light and humorous style. Unlike many how-to housekeeping manuals, this book provides encouraging reasons to take care of your family, with tips to ease the psychological burdens that sometimes feature.

Housework Blues – A Survival Guide; How to cope with the mental and emotional challenge of keeping a home is available on Amazon, or to order from your local book retailer. (ISBN: 978-0—9564939-0-3). An eBook edition is available online at www.houseworkblues.com, priced £7.

The book is also available in Kindle format from the Kindle store.

For additional information or a sample copy, contact:

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New eBook: *Housework Blues – A Survival Guide* is an inspiring and enlightening read – offering long-awaited solutions to sufferers of housework blues.

Danielle Raine is a freelance graphic designer and copywriter based in North Yorkshire. This is her first book.

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