

# SUPERMOM JOURNEYS TO THE "DARKSIDE" KATHY BUCKWORTH

MISSISSAUGA'S AWARD WINNING AUTHOR RELEASES A WITTY TAKE ON GIVING UP HER BRIEFCASE FOR A DIAPER BAG

WORDS LORI MCLORN

Let's face it: raising children is hard work. From the minute you bring the little bundle of joy home, your life is no longer your own. You learn new words such as adjustment, sacrifice, compromise, negotiate and sleep deprivation. For the first decade there will be times a mother feels consumed, overwhelmed, unappreciated and just dog gone tired.

Women possess a natural hidden talent for being able to exceed limitations when it comes to caring for a child, husband, household and career simultaneously. It can feel like a lonely battle at times, waiting for that light at the end of the tunnel and who better to journey with you than Kathy Buckworth.

This local, talented author is famed for her satirical look at the trials and tribulations of raising a family. Just when you thought you were alone, an instant literary bond connects

you to Kathy as she recounts shared experiences with an insightful and humorous flair. Her brilliantly candid and casual style of writing gives you the impression of sitting around with the girls over a glass of wine, talking about life. A rare occasion that new mothers can only dream about.

With four children of her own, in ages 4, 8, 13 and 15, Kathy is considered an expert in her field with a never ending supply of fresh material. As her children are now advancing past the first decade, Kathy is learning new words such as schedules, juggling, homework, coordinate, hockey and dance.

When asked if she has time to spend with her husband, Kathy said, "We do everything, just not together." She jovially adds, "It's all about logistics."

Kathy spent twenty years in the marketing field working for financial institutions and began raising a

young family. Her first book *The Secret Life of Supermom*, published in 2005, gives a tongue in cheek approach to a day in the life of the fine balancing act of having it all: a career and babies. Kathy's second book, *Supermom: A Celebration of All You Do*, was released in 2006

In April, her third and highly anticipated book is based on leaving her career to stay at home caring for her youngest child.

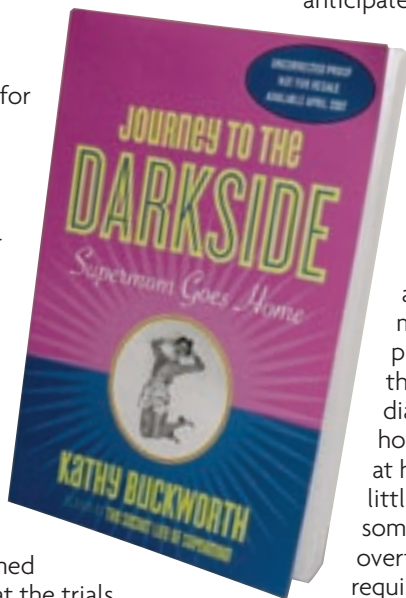
*Journey to the Darkside: Supermom Goes Home* from Key Porter Books is a witty look at mothers who are prepared to give up their briefcase for a diaper bag. After all, how hard can staying at home with the little darlings be? Hint: some light housework, overtime and weekends required. Prepare for spontaneous laughter as Kathy pokes innocent fun at the pros and cons of being a full time mom, turning a

maternity leave into an eternity leave.

In 2006 Kathy won the Excellence in Humour Writing award. She also has a monthly column that appears on websites across Canada and United States. You will also find her work in *The Mississauga News*, *GoodLife Magazine* and *CityParent Magazine*.

Ironically, Kathy's stay at home lifestyle is catapulting her to a relatively new career as not only an accomplished writer, but a television personality. She will be one of the panelists on the new 26 episode series *Birth Days.*, beginning in May, on *SLICE* – a recent rebrand of Life Network. The program addresses the issues new parents will face in the first 6 weeks.

Anxious to meet this super dynamo in person, I was astonished to find her relaxed, upbeat, and motivated with a tireless gift for putting an amusing, positive spin on life situations. Kathy Buckworth is a true inspiration. to the plight of motherhood. **GOODLIFE**



"You'll laugh so hard you'll cry."  
Erica Ehm



Mississauga author and GoodLife contributor, Kathy Buckworth at her home office. Her book *Journey To The Darkside: Supermom Goes Home* will be available in April at all major bookstores and online at amazon.com. For more information visit [www.kathybuckworth.com](http://www.kathybuckworth.com). Photo by Steve Uhraney.



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