



## I'm Wrecked, This is My Journal The Alternative Baby Book for Frazzled Parents

Shannon Cullen

### Keynote

Entertaining, honest and occasionally messy, *I'm Wrecked, This Is My Journal* is packed full of lists, quotations, doodles and more.

### Description

**Entertaining, honest and occasionally messy, *I'm Wrecked, This Is My Journal* is packed full of lists, quotations, doodles and more.**

Ideal for all frazzled new parents, this is the perfect companion for all those odd thoughts, bizarre expectations and the real-life experiences of being a parent during the roller-coaster first year with your baby.

Whether you're looking for gin in the word search or playing parenting bingo, this frank, witty book will raise a smile as you embark on the extraordinary – and often chaotic – journey into parenthood.

### Sales Points

- This is a place for odd thoughts, bizarre expectations and significant moments. Whether it's as your parenting highlights hit you in the middle of the night feed, when you're working your way through the parent maze whilst frantically tapping the baby bouncer or signalling for help in Morse code, this book is the place to turn
- No matter if the day is a parenting win or fail, there is something here to suit every mood. The perfect present for a new parent, parent-to-be or as a self-purchase, *I'm Wrecked, This is My Journal* is unique – just like parenting itself
- Illustrated throughout with fun black-and-white images
- Shannon will be available for all publicity and promotional opportunities
- There will be strong social media support with a dedicated Instagram page @ImWreckedMother and active use of #ImWreckedJournal

### Author Biography

Shannon Cullen is a publishing director for children's books. She has a new baby as well as a toddler. Originally from New Zealand, Shannon now lives in London with her family.

Michael O'Mara.

[www.mombooks.com](http://www.mombooks.com)



9 781782 438199