



DIVORCEE GOES FROM NUTTY TO SANE IN 242 PAGES

“Mostly Happy: A Stay-at-Home Mom's Journey through Divorce” helps women reclaim their inner gypsy.

SALT LAKE CITY - April 30, 2013 – A stay-at-home mom comes to the stark realization that her marriage is failing and journals the heart wrenching yet soul-finding process to the end in the pages of her new book, ***“Mostly Happy: A Stay-at-Home Mom's Journey through Divorce”***, Elif Ekin, iUniverse Press, 2012.

For the health and well-being of her and her daughter, she risks everything to live a peaceful life filled with joy and happiness. In a culture that doesn't speak about divorce, Ekin's book tells a true tale of betrayal, scandal, and disaster turned into a journey of peace and happiness, where she ultimately rediscovers her true self, unleashing her own inner gypsy.

Blossoming on the pages of ***“Mostly Happy”*** are life lessons women can take to help make their marriages more satisfying, or to find sanity amongst the ruins of divorce, helping women across the nation find their inner gypsy.

“So many women find it hard to strike out alone and file for divorce because there seems to be a stigma attached to single mothers,” explains Ekin. “No one wants to talk about the silent battle stay at home mothers face when there are dissatisfied with their marriages. It may seem selfish to others for a mom to put herself first in this instance, but it is important for the mom to regain self-respect and strength in herself in order to be a good example for her children.”

“Ekin writes with intelligence and sensitivity.” *Blueink review May 2012*

“Mostly Happy” helps women in failing marriages or who have been recently divorced:

- Bury the old life to create a new one.
- Reconnect with their body and get healthy
- Spice up their social life & begin dreaming again
- Brainstorm out-of-the-box financial solutions
- Move from being mostly hurt to ***“Mostly Happy”***

Elif Ekin

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www.MostlyHappyJourney.com or on Amazon.com.

About the Author

Elif Ekin is an Entrepreneur, Life Coach, and Author of *Mostly Happy: The Journey of a Stay at Home Mom Through Divorce*. She has her M.A. In European History, cooks highly addictive Baklava and Middle Eastern pastries for local cafes and special order, and conducts various healing workshops around Salt Lake City.

Mostly Happy, A Journey into Joy, is a Salt Lake City, Utah based company that provides life coaching and healing workshops to individuals and families moving through a big life transitions. Founded in 2012, Mostly Happy has consistently helped women confidently jump into the next phase of their lives with grace to reclaim their identities. For more information, please visit her website: www.mostlyhappyjourney.com or contact the author at 801-647-7047 or info@mostlyhappyjourney.com.