

**FOR IMMEDIATE RELEASE**

**Contact:** Gretchen Crary

(212) 255-2034/gretchen@februarymedia.net

# Homespun Mom Comes *Unraveled...*

And Other Adventures from the Radical Homemaking Frontier

By Shannon Hayes

Shannon Hayes launched a movement with her 2010 book *Radical Homemakers: Reclaiming Domesticity from a Consumer Culture*. Today, six books later, there are Radical Homemaker groups all over the country aiming to live with less while nurturing the life of the home through cooking real food, pursuing thoughtful avocations, striving toward the health of our families, and fostering a community of interdependence: a slower life.

Hayes' popular blog, The Radical Homemaker.net, is syndicated online through Yes Magazine. She speaks to interested groups about sustainable living, farming, homeschooling, and self-reliance.

***Homespun Mom Comes Unraveled...And Other Adventures from the Radical Homemaking Frontier*** (Left to Write Press; ISBN: 978-0979439193: \$12.95, on sale 2/1/15) is an invitation to experience, through the Hayes family, the trials and tribulations of trying to live a low impact lifestyle in a consumer culture that, in many ways, has gone out of control.

Hidden away on her family's mountain farm in the Northern Catskills, Shannon Hayes has led a movement of people who reject the commercialization of family life. Radical homemakers grow and can their own food, and they are adept at the traditional homemaking arts — from making soap to knitting sweaters. She has guided a new generation of parents, farmers and urban and rural homesteaders committed to a life of self-reliance, economic independence, and community interdependence; free from corporate domination, grueling work schedules, and endless hours in the car driving to soccer games and ballet lessons. But the life path Hayes advocates is not an easy one. It is rife with sticky counters, messy projects, dirty laundry, vomiting children, and dusty shelves.

The ideas behind radical homemaking come to life through *Homespun Mom Comes Unraveled*, a collection of 29 essays taken from her popular weekly Tuesday Posts at TheRadicalHomemaker.net.

Included in the essays: Hayes comes clean with her vulnerabilities, her mistakes, and her greatest lessons as she navigates through myriad topics from family finance and homegrown food, to homeschooling (all the way from sex ed to higher ed), to housekeeping, health care, and the power of community. Chapters include:

- Radical Investing
- Reclaiming Christmas
- Crunchy Moms and Healthcare
- The Good Life Can Be a Messy Life

This collection of heartwarming and humorous tales is sure to energize radical homemakers and inform and inspire countless readers new to this movement to pick up a garden hoe, hang out their laundry, or simply linger a bit longer with friends and loved ones around a home-cooked meal.

**Homespun Mom Comes Unraveled...And Other Adventures from the Radical Homemaking Frontier**

Shannon Hayes

Left to Write Press

ISBN: 978-0979439193

\$12.95

<http://www.amzn.com/B00OV5WBM0/>

Formats: hard copy and ebook