



FOR IMMEDIATE RELEASE:

Introducing Peace, Love and Momminess.com
—OC'S guide to help Moms breathe easier

“Inhale, exhale, repeat” is the mantra and mom way behind this all-new site created to help OC Moms gain balance and breathe easier. This inspired site is a fresh find for OC Moms, a crowd typically inundated with messages to be all things to all people. Peace Love and Momminess is all about inspired, simple living and letting go of stress and finding more peace of mind. “The idea is more inspiration and less anxiety. More balance and less chaos. More joy and less pressure. More stop and less go, go, go,” says creator Debbie Lavdas. Updated content and features allow Moms easy, friendly access to new information and ideas on how to balance their fully packed lives. Moms can expect to find everything from Health & Body and Home & Harmony to a Kids Corner and Green Living to Soulful Style, a Book Lounge and an entertaining Music Bar and Video Village. There’s also an online store that lets Moms shop Peace, Love and Momminess with inspired, custom fashion tees and jewelry. Finally, the site’s Peace Out blog keeps daily life in perspective and revels in two-way dialogue in all areas of the site, “because we’re all in this together,” says Lavdas.

Lavdas says the new Mom site reflects the phrase ‘Necessity is the mother of invention.’ “It was out of sheer necessity that Peace, Love and Momminess came to be. I was a pretty laid back person—till I had kids. Then the insanity began. I was running here, running there, juggling the job, the dog, the house, the family—like we all do—and I was completely spent.” She decided to do something: to take a step back, look at the big picture, and start to slow down. “The need to simplify and find daily solutions helped me calm the chaos, and knowing there were Moms everywhere just like me, I wanted to create a site for Moms to tap into before they were completely tapped out. So much of society pressures us to keep up, when we should really probably step back.” The site is fresh from its thinking to its content to inspired, upscale artistic design. “I’m really excited, many local Moms have been telling me that the need for a site like this is right on.” Peace, Love and Momminess launches November 2008. Inhale, exhale, repeat and log on.

PRESS CONTACT:

Debbie Lavdas
949.322.7243

debbie@PeaceLoveandMomminess.com

In addition to being a Mom, **Debbie Lavdas’s** other title is “Writer.” She writes for advertising, magazines, television and various blog sites. For more information, visit PeaceLoveandMomminess.com.