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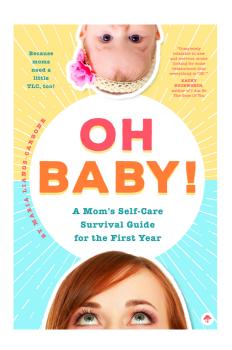
life through the lens of a mother



THE BLOG

amotherworld is a space to inspire women to live, eat, and travel well - through the lens of a mother. Sharing articles on family, food, health and wellness, and travel since 2007.

Based on internet average, amotherworld.com is visited more frequently by females who are in the age range of 25-54, are college graduates, have children and browse the site from home. Readers are primarily from Canada and the United States.



THE BOOK

Oh Baby! A Mom's Self-Care Survival Guide for the First Year focuses on the emotional, physical and mental challenges new moms face during the first year of motherhood.

Available at Chapters-Indigo, Barnes & Noble, Amazon and independent bookstores, on Kindle and audiobook.

MARIA LIANOS-CARBONE

Her writing has been published in Huffington Post
Canada, The Mighty, Canadian Living, Parents Canada,
and Today's Parent. Maria has been quoted in
publications such as Your Teen Magazine, Romper, Brit
+ Co, Epoch Times, and What to Expect.



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AS SEEN ON



what to expect.

















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