

FOR IMMEDIATE RELEASE

Contact:
Robin Barnett
(616) 689-9185 x392
rbarnett@revellbooks.com

Lifestyle Blogger Shares Secrets for Women to Use ‘Fringe Hours’ and Find Time During Their Already Packed Day

New Book Based on Original Research, Including Survey of Over 2,000 Women About Their Struggles Related to Time, Passions and Womanhood

Jessica N. Turner is a married mother of two who works full time, runs a popular lifestyle blog and still finds time to take care of herself and do the things she loves. For Turner, that includes crafting, reading, baking and even monthly massages. Sure, she may be scrapbooking hours before the rest of her family wakes up or reading her favorite magazine while drying her hair, but Turner has found the secret to making time for herself: using her fringe hours.

Fringe hours are those little pockets of time throughout the day that often go underused or wasted altogether. These moments may not seem like much at first—five minutes here, half an hour there—but these little pockets can be collectively leveraged by women in meaningful ways.



Paperback; 272 pages
\$14.99; 9780800723484
Street Date: Feb. 17, 2015

In *The Fringe Hours: Making Time for You*, Turner shares stories and practical advice that will inspire women to make time for their passions and practice self-care. As Brigid Schulte, author of the *New York Times* bestselling *Overwhelmed*, says, “*The Fringe Hours* is like one gigantic permission slip to carve out some space in your day for the things that give you joy and feed your soul.”

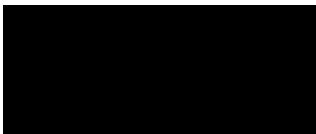
Based on original research, *The Fringe Hours* discusses common hurdles that prevent women from taking time for themselves regularly—most notably the guilt associated from taking time away from household duties (25 percent), kids (19 percent) or work (19 percent). Turner helps women shift their perspective about time and the importance of self-care. She encourages readers to find small pockets of time throughout their day—lunch hours, sitting in the carpool lane, waiting for an appointment—to spend guilt-free time doing what they love.

According to Turner, when women use their fringe hours intentionally for pursuing passions, life change can happen. It is possible for women to balance their many responsibilities and still take time to invest in themselves. Redeeming fringe hours can lead to a life filled with abundant beauty and pleasure, making women happier and ultimately better wives, mothers and friends.

Turner surveyed more than 2,000 women on how they spend their time, barriers to taking time for themselves, and what activities they would love to pursue. She found that 35.7 percent of women spend between 1 and 3 hours a week on the things they are passionate about, and only 6.2 percent of women said they were satisfied with the amount of time they have for themselves. Infographics from the data will be included in the final book, and complete survey results are available upon request.

Jessica N. Turner is the founder of the popular lifestyle blog *The Mom Creative*, where she documents her pursuit of a life well-crafted. She is a founding member of DaySpring’s (in)courage community, and DaySpring is launching a product line based on themes from *The Fringe Hours*.

-more-



Turner is also an advocate for World Vision, a regular speaker at blogging conferences nationwide, and an award-winning marketing professional. She and her husband, Matthew, live with their young children in Nashville, Tennessee.

REVELL, a division of Baker Publishing Group, was founded in 1870 and has spent more than a century focused on publishing books that offer both inspiration and practical help to readers. Over the decades Revell books have included numerous *New York Times* bestsellers as well as titles in a variety of genres including fiction, Christian living, marriage, family, youth and self-help. For more information, please visit www.revellbooks.com.

BAKER PUBLISHING GROUP, based in Ada, Mich., is one of the world's largest publishers of Christian books. For more information, please visit www.bakerpublishinggroup.com.

###



Endorsements for *The Fringe Hours*

“Jessica Turner has done an enormous favor to women who are exhausted from struggling to fit it all in, feeling pressure to be perfect and guilty if they don’t put themselves last. *The Fringe Hours* is like one gigantic permission slip to carve out some space in your day for the things that give you joy and feed your soul. Filled with the stories, challenges, fears, and triumphs large and small from hundreds of women who answered survey questions on her popular blog, *The Fringe Hours* offers a space for reflection as well as practical and often spiritual guides for how to get started. Making the most of the margins of time is the first step toward, as Turner writes, crafting a good life.”

—**Brigid Schulte**, author of the *New York Times* bestselling *Overwhelmed: Work, Love, and Play When No One Has the Time*

“I want to give *The Fringe Hours* to every woman in my life, because this is the conversation we’re having over and over, at soccer practice and church and crammed between meetings. Jessica’s practical style made me feel like another way is possible. I love this book!”

—**Shauna Niequist**, author of *Bread & Wine*

“We live in a culture where far too often, women’s creative passions get squashed and squeezed right out of their lives. Jessica Turner’s *The Fringe Hours* is an honest and encouraging account of how women can make time for what fills them up most. I hope it inspires many women to once again embrace their passions.”

—**Tara Sophia Mohr**, author of *Playing Big*

“Do you feel overwhelmed with life and everything you’re juggling? Do you wish you had time to recharge your batteries, but your to-do list is so long that the idea seems like an impossibility? I’ve long admired how Jessica manages to do so much and yet still have time for things she loves—like hanging out with friends and family, scrapbooking, and blogging. In *The Fringe Hours*, she unveils her secrets to success and gives you the tools, tips, and techniques you can use to find time in your full schedule to refresh yourself and refill your tank too. This book is a must-read for busy women everywhere!”

—**Crystal Paine**, founder of MoneySavingMom.com and *New York Times* bestselling author of *Say Goodbye to Survival Mode*

“Jessica is a fantastic teacher—through her own life, she models for those of us in the thick of life that we’re never too busy to be a good friend, to work hard, and to invest our whole heart into our God-given passions. I’m so thankful that she selflessly shares her wisdom for the rest of us—my life is richer and braver because of her.”

—**Tsh Oxenreider**, author of *Notes from a Blue Bike: The Art of Living Intentionally in a Chaotic World*

“Whether you are yearning to pursue the passions of your heart, take better care of yourself, or invest time and energy into what really matters, *The Fringe Hours* holds the key. Jessica Turner masterfully combines creative ideas with stories of real women that leave you nodding your head and feeling empowered to create sacred space within your day and your life. This book does not offer a one-size-fits-all solution but rather a deep look inward to help you live in a more fulfilling and meaningful way.”

—**Rachel Macy Stafford**, *New York Times* bestselling author of *Hands Free Mama*

For an interview with Jessica N. Turner, contact Robin Barnett
at 616. 686.9185 x392 or rbarnett@revellbooks.com