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Popular Blogger Urges Women to Rediscover Their Passions in New Book

My Fringe Hours helps women use their time to find happiness, health and fulfillment

Nashville, TN (October 2015)—Popular blogger and author Jessica N. Turner asked a room full of women if they could remember the last time they were so passionate about something that they lost themselves in it for hours. The answers? “I can’t remember.” “Before I had kids—maybe 15 years ago?” “I don’t even know what I’m passionate about.”

Due to their families and careers, Turner has found that many women believe leisure time for themselves just isn’t possible. And if it were, what would they do with it? In her new book, ***My Fringe Hours: Discovering a More Creative and Fulfilled Life*** (Revell, December 2015), Turner gives women the tools to use pockets of time in their schedules—their “fringe hours”—to begin a journey of self-discovery and intentionally pursue their passions.

“Women become so consumed by their roles as mothers, homemakers and employees that it becomes easy to neglect themselves and their passions,” said Turner. “By the time they look up, it’s been years and they don’t remember what brings them joy. *My Fringe Hours* will help women discover how to utilize the time they already have to make themselves a priority.”

My Fringe Hours is built on nine principles for finding and embracing the need for self-care, encouraging women *not* to add more to their already busy schedules, but to use their existing pockets of time more intentionally. The full-color, hardcover book includes interactive quizzes, journaling prompts and practical tools aid women on their journey to a creative and fulfilled life.

“I hope women’s eyes will be opened to the importance of practicing self-care, what passions have been waiting to be unleashed, and where to find the time to actually begin pursuing them. Ultimately, finding your fringe hours is about becoming a healthier, happier, more complete you.”

Turner is available for interviews and can discuss:

- The Best Gift You Can Give Yourself this Holiday Season
- 5 Ways to Identify Your Passions
- Making Time for You: Why It’s Important for Your Health
- Find Your Passion: 3 Ways Your Family Will Benefit from a Happier You
- 5 Ways to Avoid the Comparison Trap

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 writer for Huffpost Parents, Parenting.com, and a founding writer of DaySpring’s (in)courage community. Earlier this year, DaySpring launched a product line based on themes from Jessica’s first book *The Fringe Hours*.

Turner is also an advocate for World Vision, a sought-after speaker, and an award winning marketing professional. She and her husband, Matthew, live with their three children in Nashville, Tennessee.

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