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Author Talks With Army Wives About Moving

Home Sweet Homes Helps Find the Humor in Frequent Relocations

Diane Laney Fitzpatrick, author of *Home Sweet Homes: How Bundt Cakes, Bubble Wrap, and My Accent Helped Me Survive Nine Moves*, will be the guest on Army Wife Talk Radio at 8 p.m. Monday, March 17, 2014.

Her book is about her cross-country moves, including hilarious stories of her experiences and tongue-in-cheek advice for those on the move. She'll be chatting with callers and the AWN core team hosts about her book and moving advice she's collected through the years.

Army Wife Talk Radio (www.ArmyWifeNetwork.com) is a weekly hour-long live show broadcast every Monday night on **Blog Talk Radio** (<http://www.blogtalkradio.com/awtr>). Tara Crooks, who co-founded Army Wife Talk Radio and the Army Wife Network, is known as "the Oprah of the Armed Forces." Army Wife Network is nearly 55,000 members strong and is now a bustling community of military families sharing information and resources.

During the March 17 broadcast, callers will have a chance to win a copy of *Home Sweet Homes*, as well as a Williams-Sonoma bundt cake pan, and the author's favorite bundt cake recipe.

The moving process - a big part of military family life - is as stressful as it gets, but Fitzpatrick hopes her book will help lighten the mood and the burden.

"Don't say, 'We'll laugh about this someday,'" Fitzpatrick said. "Laugh about it now."

Between hunting for the perfect house, arranging for home financing, selling a house, entrusting your grandma's china to a moving crew, and getting the kids settled into their new surroundings, a family's move is one stressful moment after another.

"Stressing out isn't going to help, and neither is feeling sorry for yourself," said Fitzpatrick. "I hope my book will help movers and movers-to-be find a little bit of humor in their own moving experiences."

Fitzpatrick was a freelance writer and humor blogger when she first sat down to write the stories in *Home Sweet Homes*. It was published in June, after moves to South Florida and then to San Francisco. She has moved her family almost 7,000 miles total, and has called seven states home.

Home Sweet Homes is available in paperback and e-book on Amazon.com and directly from the author. More information is at www.homesweethomesbook.com.