

FOR IMMEDIATE RELEASE

New Mom-Created iPhone App Helps Moms Reboot, Refocus and Reconnect

Vancouver, WA, September 21, 2010 - Ever had one of **those** days? Maybe the kids are crying constantly, work is insanely busy, and it will be hours until you get some relief or escape. You need a moment to refocus, to take a breath and gather yourself.

Mama mantras are for those tough, exhausting parenting moments. Instead of hiding in the bathroom, staring at yourself in the mirror, questioning all the decisions you made in the past year or so, pull up the mama mantra app on your iPhone. Reading the mom-curated phrase will help you open that door and face the rest of your day.

mama mantras help you:

- *Refocus* on what matters most.
- *Reboot* your mood and the moment.
- *Reconnect* with your family.

App Features:

- Over 20 mom-created, mom-tested mantras
- Swipe or tap to view a new mantra
- Select and "favorite" the mantras that mean the most to you
- Switch between Favorites mode or view the full collection of mantras
- Customize the look of the app with one of four different mama mantra backgrounds
- The mama mantras iPhone app is available in the app store for .99 cents.

More mama mantras products:

In addition to the iPhone app, there are two editions of mama mantra cards:

* General mama mantra cards for every mom, every day.

* Birth cards, created to inspire and support mamas before and during labor.

About mama mantras, llc

mama mantras, llc is the brain child of long-time friends, Karissa Liloc and Megan Notarte, both moms of two. mama mantras strives to provide tools to help moms refocus and reboot in stressful situations, allowing them to reconnect with their family in a meaningful way

You can learn more about mama mantras at <http://www.mamamantras.com>.

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