

# THE MEAT AND POTATOES OF LIFE

by Lisa Smith Molinari

**Witty memoir ~ literary comedy ~ kettle corn binge-worthy**

Humorous memoir of an attorney who becomes a navy wife and at-home mom. Somewhere between “I do” and “deploying again,” waves of chaos threaten to overtake her. She has a husband who knows his chardonnay but can’t identify a Phillips-head screwdriver, three quirky kids with their own agendas, a perpetually-shedding dog, and a minivan full of cold french fries. Will she survive the endless minutia of modern family life, or will she end up on the laundry room floor eating chocolate frosting out of a can?

“... hilariously honest, beautifully engaging, and vividly written... A must read.

... engaging stories that resonate...  
pure Erma Bombeck.”

**Chick lit meets *American Housewife* in true life.**

Newlywed bliss to empty nest, special-needs parenting, sibling rivalry, demands of military life, middle-age romance, and puppy care.

## About the Author



LISA SMITH MOLINARI is an award-winning author, syndicated columnist, and speaker. Her column *The Meat & Potatoes of Life* appears weekly in *Stars and Stripes* and other newspapers around the world. A member and past president of the National Society of Newspaper Columnists, Lisa has been published widely in a variety of newspapers, magazines, and books, including *The Washington Post*; *Military Spouse* magazine; *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*; and two editions of *Chicken Soup for the Soul*.

*First place humor, print <50K circulation, 2018 NSNC Awards  
High school class clown*

[TheMeatandPotatoesofLife.com](http://TheMeatandPotatoesofLife.com)



May 1, 2020 Memoir / Humor / Family

6" x 9" • 256 pages

978-1-934617-54-0 HC \$26.95

978-1-934617-55-7 ePub \$9.99

978-1-934617-56-4 Kindle \$9.99

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