

Elva Resa Publishing

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NEW BOOK ANNOUNCEMENT

The Meat and Potatoes of Life: My True Lit Com by Lisa Smith Molinari

Witty memoir—from newlywed bliss to the empty nest—of an attorney who becomes a navy wife and at-home mom of three.

Title: *The Meat and Potatoes of Life: My True Lit Com*

Author: Lisa Smith Molinari

Publisher: Elva Resa Publishing

Publication Date: May 1, 2020

ISBN: 978-1-934617-54-0

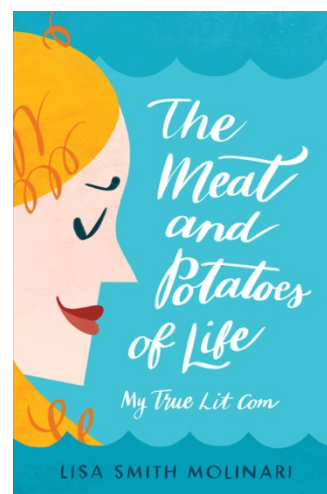
Retail Price: \$26.95

Format: 6"x9" Hardcover, 256 pages

Trade distribution: Independent Publishers Group (IPG)

Bulk sales: MilitaryFamilyBooks.com

Book press page: ElvaResa.com/book/Meat-and-Potatoes-of-Life



(St. Paul, MN)—Award-winning independent publisher Elva Resa Publishing is pleased to announce the May 1, 2020, release of *The Meat and Potatoes of Life: My True Lit Com* by Lisa Smith Molinari.

Written in episodes contained in seasons, Lisa's humorous memoir tells her family's coming of age story, unfolding like a sitcom from her first days of falling in love with a navy officer to parenting their quirky and demanding children to negotiating new spaces of an empty nest.

Lisa reflects nostalgically on her 1970s childhood, contemplates the trials of twenty-first-century technology, explores the realities of midlife marital romance, and comes clean about her secret desire for canned cranberry sauce.

"Telling real stories helps me see the underlying meaning in my chaotic routine as a wife and mom," she says. "When I pause to reflect on my reality, I always find some nugget of truth to hold onto, something to place me on solid ground, and lots of gibberish to laugh about, even in the tough moments."

Lisa's writing career began during one of her husband's military deployments when she was feeling particularly overwhelmed by the demands of parenting on her own. She began scribbling on a yellow legal pad during her kids' swimming lessons, recreating scenes from her daily life.

"Writing became my lifeline, a way to bring order to the chaos and to find a way to laugh at everyday events," Lisa says. "It's a way to sort through the nonsense, to whittle life down to what really counts."

After one of her essays was published in *The Washington Post*, Lisa turned her writing lifeline into a career as a syndicated columnist. Her weekly column now appears in dozens of newspapers worldwide including *Stars and Stripes*. Her memoir is based on her column of the same name.

With a balance of wisdom and levity, *The Meat and Potatoes of Life* is a literary comedy for book lovers who like poignancy with a generous side of wry humor.

About the Author

Lisa Smith Molinari is an award-winning syndicated columnist, author, 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*. She is a member of the Pennsylvania Bar Association and District of Columbia Bar Association. Lisa lives in Jamestown, Rhode Island, with her husband and dog.

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ELVA RESA PUBLISHING LLC is an independent publisher based in St. Paul, Minnesota, whose mission is to make a positive difference in people's lives. Its primary imprint specializes in books for and about military families. ElvaResa.com

Media: To arrange an interview with the author, please contact pr@elvaresa.com

Cover images: ElvaResa.com/book/Meat-and-Potatoes-of-Life

Author bio and headshot: ElvaResa.com/author-illustrator/Lisa-Smith-Molinari

Author website: TheMeatandPotatoesofLife.com

The Meat and Potatoes of Life: My True Lit Com will be released May 1, 2020, available everywhere books are sold. Trade distribution through Independent Publishers Group (IPG). Bulk and case ordering available at MilitaryFamilyBooks.com.