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On Writing, Self-Publishing and Surviving Parenthood: An Interview with New Hawaii Author Karen Gibson



We all struggle through difficult things as parents. And it *only gets harder*. While most of us suffer quietly, hiding behind smiling faces and picture perfect posts, one woman worked through her personal struggles and documented her process in a new self-published book *Mama's Gotta Let Go*. It's been amazing and inspiring to see her use her experience to help other ~~mom~~ moms. Her new book is out today on Amazon!

If you're a parent of a teen and/or you're curious about self-publishing your own book, you'll appreciate her honesty in my interview with her below:

What gave you the idea for *Mama's Gotta Let Go*?

I was inspired to write about my countless opportunities of how I had to learn to let go as a mom. Witnessing my 17 year old suffer from anxiety to the point where

she was throwing up, missing school, and allowing her emotional rollercoaster to affect her grades caused me to also experience stress, overwhelm, anxiety and fears. In addition, having to deal with her oppositional behavior resulted in frustration, screaming matches and feeling like I ~~failed as a mother~~. I was inspired to turn my experiences into a book where I decided to share my lessons on how I learned to let go. My eldest daughter, who turns 24 this April, also taught me how to handle the depression and separation anxiety when she moved to California to attend college.

Why did you decide to self-publish?

My second cousin self-published a couple of books as well as my classmate. This was so inspirational knowing that the publishing process wasn't as difficult if you chose this route. I also met a writer, Shelia Smith, at a MeetUp, who told me about the Best Sellers Guild writing program that teaches you how to self-publish books. So, I decided to invest in the program and felt that this route would guarantee that I make my lifelong dream of being a published author a reality. I didn't have to send query letters and go through the rejection process characteristic of traditional publishing.

What was the hardest thing you learned about the writing process and/or the publishing process?

I think the technical part of formatting my book on Kindle Create as well as sometimes losing different drafts was the most challenging. Technical errors would suddenly occur where my changes weren't saved or I had to delete more than 60 pages because the writing program encourages you to publish a short read as these types of books are more marketable than longer books.

What advice would you give others who are interested in writing a book?

I would suggest they research the specific target audience they would like to reach. Make a specific plan on sticking to a writing schedule. Reward yourself for

mini victories and forgive yourself for the mistakes you find in your manuscript. Never strive for perfection or your book will never be “ready to publish” in your eyes. Lastly, never give up. There were many late nights when the frustration of technical challenges, losing pages due to formatting problems working with Microsoft Word and Kindle Create (a program that Kindle Direct Publishing offers writers) caused me to wonder if the frustration was worth it.

What is one thing you hope readers will get from your book?

I hope my readers will see my book as a resource to use as they deal with the day to day stress of raising kids. My book isn't just for moms. I think single dads, aunts, uncles and even grandparents can benefit from the suggestions I offer. Many moms feel like they don't measure up to the unrealistic expectations of being Super Mom. My goal is to empower moms with specific ways that will reduce stress and help them raise kids who become independent, and do not have to rely on their moms for life advice. It's important to raise kids so they learn to trust in themselves rather than constantly seek approval from their moms. Moms also need to learn that they do not have to fix their kids or prevent their kids from making mistakes. Most of all, moms need to teach kids to learn the importance of learning to fail.

How can readers find out more about your book?

I started a private Facebook group called “Mama's Gotta Let Go” recently. I share tips I offer in my book and provide support for moms who are overwhelmed. I also am currently working on [my website](#). which will include details about my book, my online course for moms as well as one-to-one [coaching](#) that uses my book as a tool to help moms deal with the challenges of raising their children.



Karen Gibson is a certified life coach who was a former special education teacher and the owner of Brain Builders, a private tutoring business since 1999. Her new book *Mama's Gotta Let Go: How to Let Go without Losing Your Sanity* will be available on Amazon Kindle on February 10, 2020. She earned her NLP (neuro-linguistic programming) certification incorporating tools with her clients to help them understand how the language of their

mind creates and runs the patterns that can be rewired to get rid of negative behavior.

Thank you so much Karen! If anyone has questions about her book, leave a comment. Maybe she'll pop on over here to answer a few.

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