

# SARAH KOWALSKI

SINGLE MOTHER BY CHOICE | FERTILITY DOULA | LIFE COACH | AUTHOR

## ABOUT SARAH

Sarah Kowalski is a Single Mother by Choice, Fertility Doula, Life Coach and author. She is a go-to guide for women who are contemplating single motherhood, seeking help with fertility or raising donor-conceived children. She inspires them to reconsider what it means to be a mother so they can embrace their unique path to motherhood and get down to being a badass mama.

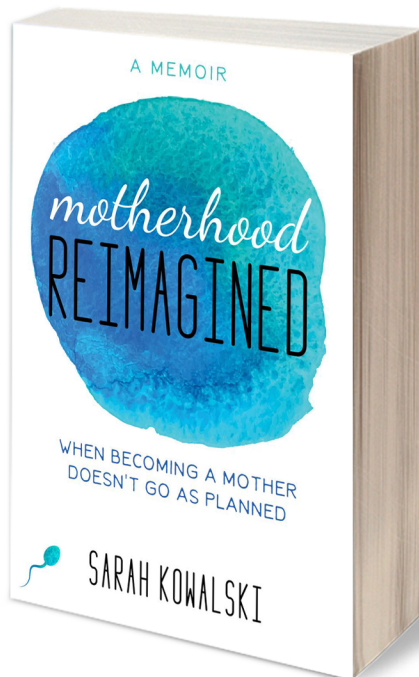
She combines her personal experience as a Single Mother by Choice, her eight years of life coaching expertise and her background as a lawyer to help women to cultivate the love, courage and tenacity it takes to conceive and raise a child through unconventional means.



## THE BOOK

### *Motherhood Reimagined: When Becoming A Mother Doesn't Go As Planned*

At the age of thirty-nine, Sarah Kowalski heard her biological clock ticking, loudly. A single woman harboring a deep ambivalence about motherhood, Kowalski needed to decide: Did she want a baby? More importantly, with no partner in sight, did she want to have a baby alone? Once she revised her idea of motherhood—from an experience she would share with a partner to a journey she would embark upon alone—the answer came up a resounding Yes. Kowalski chose to conceive using a sperm donor, but her plan stopped short when a doctor declared her infertile. How far would she go to become a mother? Kowalski catapulted herself into a diligent regimen of herbs, Qigong, meditation, acupuncture and more, in a quest to improve her fertility. Along the way, she delved into spiritual healing practices, facing down demons of self-doubt and self-hatred, and once again revising her vision of motherhood. In the end, to become a mother, Kowalski did everything she said she would never do. And yet, she wouldn't change a thing.



**Publisher: She Writes Press**  
**(October 17, 2017)**  
**ISBN-10: 1631522728**  
**ISBN-13: 978-1631522727**  
**Paperback Price: \$16.95**

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## **PRAISE FOR *MOTHERHOOD REIMAGINED***

“ “ “A debut memoir traces one woman’s pregnancy quest... An insightful read for single-by-choice mothers interested in alternative therapies.”

—*Kirkus Reviews*

"Sarah has provided a gift to all women considering becoming a single mother with a beautifully written book that is both achingly painful and humorously honest. In her description of all that she had to go through to ultimately achieve her dream of having a child, her book reads like a novel that you can't put down. In the end, you realize that the peaks and valleys that she went through were in many ways a metaphor for life, one that she had no idea at the time would prepare her for her new role as a loving and patient mother."

—**Toni Weschler, MPH, author of *Taking Charge of Your Fertility***

"In *Motherhood Reimagined*, Sarah Kowalski speaks to a generation of women who were told that they could have it all—only to discover that career success often comes at an emotional and physical cost. This honest, often heartbreaking, but ultimately uplifting memoir chronicles Kowalski’s race against the ticking clock of infertility. The discoveries she makes about her body and mind translate into a compelling and poignant read . . . This book is a must-read for any women who hears the ticking of her biological clock."

—**Marika Lindholm ,CEO and founder of ESME.com  
(Empowering Solo Moms Everywhere)**

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## **SPEAKING ENGAGEMENTS**

Sarah is available to speak at your next engagement on the following topics or a custom developed topic fit for your audience.

- The Untold Joys and Pains of Choosing Single Motherhood
- Fertility Options, Conception and Solo Pregnancy
- Building a Family Single-handedly
  - Managing work and home
  - Building community
  - Fulfilling all your child’s needs
  - Staying sane and grounded
- Finding the Courage to Choose Single Motherhood
- Starting a Family Late in Life: The Myths, Realities and Possibilities
- Embracing Single Motherhood: It May Not Look Like You Planned, But You Can Still Make the Best of It
- The Fertility Journey as a Spiritual Practice

## **SPEAKING ENGAGEMENTS (CONTINUED)**

Sarah can speak to organizations, companies and groups who focus on

- Motherhood
- Fertility: In particular conceiving as a single woman, egg donation and fertility tourism
  - Non-traditional Families
  - Working women
  - Single Moms
  - And More!

To contact Sarah about speaking opportunities, please reach out to her publicist,  
Crystal Patriarche.

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