

Writer has help for harried moms

BY KEVIN SMETANA
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BRANDON — Debora Coty's arms were full with unfolded laundry. One of her kids screamed because of a broken toy. At the same moment, the dog scratched at her leg, wanting to go outside.

"Where did the joy go?" she wondered. "I don't know when it left, but it's gone."

A couple of decades and two grown kids later, Coty turned her maternal experiences into a faith-based inspirational book, *Mom Needs Chocolate: Hugs, Humor and Hope for Surviving Motherhood*.

Just in time for Mother's Day, Coty's recently released book offers moms encouragement through humor and anecdotes. The book is a compilation of her magazine articles and Christian newspaper columns.

Coty, a 51-year-old Seffner resident, says she's "a mom trying to help other moms get through the motherhood tunnel alive and well with their faith in tact."

The book addresses topics from pregnancy to menopause. She writes about mothers who embarrass their kids and aging gracefully, or as she says in the book, "grossfully."

Married for 30 years, with a 25-year-old son and a 23-year-old daughter, Coty can now sit back and appreciate the memories her family made over the years. But she also remembers what she calls the "dully funks," or times when she was so tired and frustrated from parenting that it seemed like an impossible task.

"My catch phrase is: We need God, Godiva and girlfriends," she said. "That's what moms basically need to get through, and sometimes we do need that little



Book Signing

Debora Coty, above, will be at the LifeWay Christian Store in Brandon signing copies of *Mom Needs Chocolate: Hugs, Humor and Hope for Surviving Motherhood* from 11 a.m. to 1 p.m. Saturday. The store is located at 169 Brandon Town Center Drive.

Book excerpt

Chapter One: My Cups Runneth Over (about pregnancy):

After hours of sweating, teeth grinding, and PUSHing, you are rewarded with a tiny screaming miracle. The little bugger has a surprisingly strong sucking reflex, and when he latches on, it feels like a vice grip to this incredibly sensitive part.

pick-me-up."

Coty, whose writing career started six years ago, coined her own "near facts of science" for moms. Her theory of "negative relativity" refers to the moment "when you make the blunt statement and the totally naive statement: 'My child will never (fill in the blank)' And then, the cosmic forces kick in to ensure that your little darling will perform that exact behavior

for the rest of his life."

When the exhaustion of being a mother takes over, Coty suggests getting away for five or 10 minutes, even if the only place to go is your closet. It's important to regroup and refuel, she said.

And if all else fails? Have a piece of chocolate.

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