

## Author talks about the need for patience and superhero mom powers in new book

*Author Heather Kuhns takes you through her own parenthood journey and offers pearls of wisdom along the way in her new book, **Superhero Mom Powers Activate**.*

FOGELSVILLE, PENNSYLVANIA, UNITED STATES, September 29, 2016 /EINPresswire.com/ -- Author speaks about parenting needs - patience and [superhero powers](#) - in newly published book

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For more information, please contact Heather Kuhns at [heatherkuhns@msn.com](mailto:heatherkuhns@msn.com) or 610.592.7174

Lehigh Valley, PA – It's no secret that kids' activities require a lot of coordination and energy from parents. And sometimes, it takes, well... a bit of superhero powers too. Fogelsville resident Heather Kuhns has recently published her first book speaking to the 'superhero mom powers.' Superhero Mom Powers Activate is an inspirational book meant for busy moms who are looking ways to get it all done, even in the busiest of worlds. The book, published by Green Ivy Publishing, takes readers through the journeys of her three active children, and offers pearls of wisdom of how other busy moms can connect.

"Our kids' activities are more and more intense, requiring more presence and involvement from us to get it all done. I know many other families are in the same situation and are constantly running kids back and forth to activities, and doing whatever it takes to provide opportunities. I'm hoping to find ways to connect with other busy moms and dads and share ways to make the best of this special time with our children," said Heather Kuhns.



Superhero Mom Powers Activate is now available for purchase on Amazon.com and Barnesandnoble.com and both paperbacks and e-versions can be ordered. All of the illustrations were done by Kuhns and her three children – truly a project about connecting with children, says Kuhns. Fifty percent of all proceeds will be donated to the Make-A-Wish Foundation. Readers of the book are encouraged to connect with Kuhns and share superhero stories at [www.superheromompowers.com](http://www.superheromompowers.com).

Kuhns is lifelong resident of the Lehigh Valley and resides in Fogelsville, PA, with her husband, Bob, three children, Dakotah, Cayden, Addisyn and Golden Retriever, Sulley, all of whom were inspirations for her book. Kuhns is also the owner and chief inspiration officer of [zenspire communications](http://zenspirecommunications.com), a full service marketing and communications agency – [www.zenspirecommunications.com](http://www.zenspirecommunications.com).

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*Heather Kuhns*

Heather Kuhns  
zenspire communications  
6105927174  
email us here

