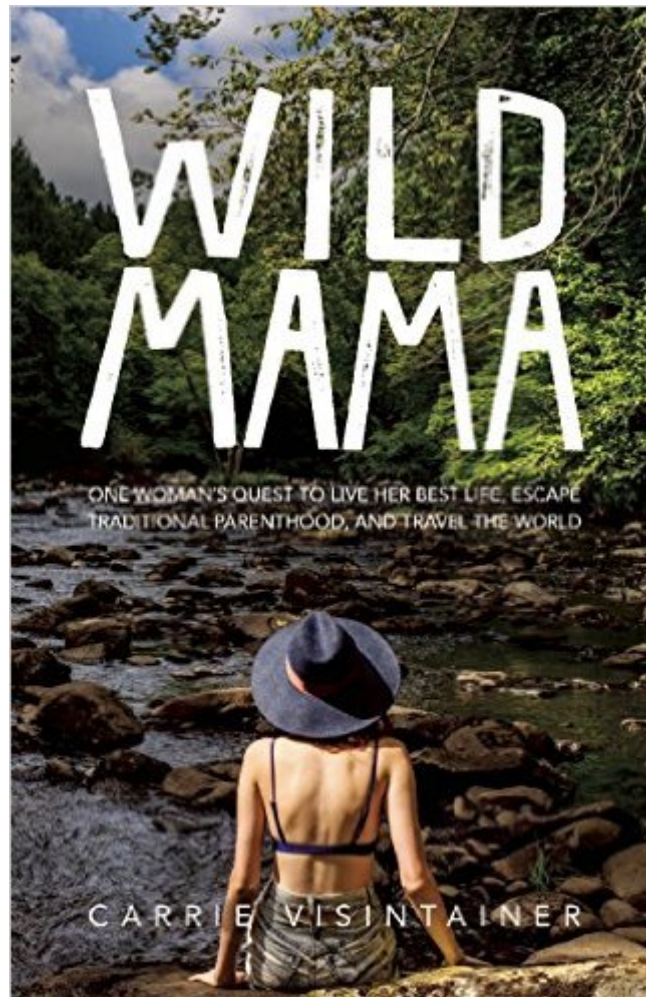


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# Wild Mama: One Woman's Quest To Live Her Best Life, Escape Traditional Parenthood, And Travel The World



## Synopsis

When Carrie Visintainer became a mother at the age of thirty-two, she worried it was all over, that her adventurous life was done. World travel? Adios. Solo explorations in the mountains? Ciao. Creative outlets? She wondered, are diapers my new white canvas? Immersed in a whirlwind of sleeplessness and spit-up, she was madly in love with her new baby, yet also felt her adventurous spirit and core identity crumbling. So Carrie laced up her boots and set out on a soul-searching journey, with revelations near and far. Inside a local Walmart, she realized that new motherhood is like traveling to a foreign country, with a new vocabulary, unknowable customs, and extreme jetlag. Lying in a yurt in the Colorado forest, she came to terms with her postpartum depression. While sailing on a gulet off the coast of Turkey, she examined feelings of guilt about leaving her child in pursuit of adventure. And then, while perched in a handsome stranger's motorcycle sidecar in the Mexican jungle, she found herself face-to-face with her central quandary: Domesticity vs. Wanderlust. Finally, she discovered she could--and should--have both.

## Book Information

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## Customer Reviews

Love this book! This is my new go-to baby shower gift, which every expectant-mother friend of mine will be getting from this day forward! I know SO many women who fear that their identity as adventurer, artist, writer, traveler, (or fill-in-the-blank) will be threatened by becoming a mother.... and this is a very valid fear. Quite often, we see women giving up their unique, creative identities once their kids are born, unfortunately. But as Carrie Visintainer shows us in her inspiring memoir, there can be another way! Women can creatively pursue their passions while being loving mothers.

Carrie shares her own journey to this realization in the beautifully written WILD MAMA. She is our sensitive, honest, witty, and bold guide into this ground-breaking territory. She shares with us her own vulnerabilities and triumphs in a relatable, engaging, and moving narrative... she makes us feel a sense of camaraderie, a sense of determination that we, too, can design our lives in a way that honors our own passions. Highly recommended!

Everyone should read this book! I LOVED it! Carrie Visintainer captures so beautifully (and humorously) what all new moms feel. I'm so impressed by her strength and her determination to find her inner "me" while dealing with the struggles of motherhood. Consider me inspired! Although, I'm not a fan of camping (don't tell the author:)), Visintainer's narrative encouraged me to try some things outside of my comfort zone. I never thought I could manage solo travel as I'm uncomfortable waiting for a friend at a bar alone. But, after talking with my husband, we are checking the calendar to find a long weekend for me to visit a place I've always wanted to visit (location TBD) on my own. Honestly, once I picked up her book, I simply couldn't put it down. Buy this book, you won't be disappointed!

Wild Mama really takes you along the author's journey. The stories in this novel capture emotions that all women feel (whether they are moms or haven't decided if they'd like to be yet). Motherhood in America has changed over the past fifty years but there still remains a stigma regarding a woman's self identity once she's decided to become a mom. I easily empathized with Carrie's story especially regarding travel. I happen to love traveling because I think it really creates a cultural and self awareness within our world. Carrie faced a fear of losing that travel time when her family came along but she ended up making it work on her terms while still being a pretty awesome mom. Very inspiring!

Carrie is her authentic self. I love her sharp wit and humor in this book, but mostly, I fell in love with her ability to be vulnerable in a harsh world of judgment. Her authenticity is what makes this book so relatable. This book easily translates, and having children should not be a determining factor in choosing this book. This book inspires the reader to realize what speaks to their wild core, or the core of who they are. It deepens an internal conversation around self awareness, strongly nudging the reader to identify that core, and honor it. The beautiful sentiment of this book is the permission this book gives to redefine traditional and classic, societal expectations. Carrie reminds us in doing so, the process isn't always straightforward, but in the end, the reward, even if the learning curve is great, is worth the risk that comes with identifying with our true self. When we offer our

authentic selves to the world, we all relate differently. Carrie artfully adds an exclamation point to that statement! Carrie's journey is shared with us all through parenting, but, as a nonparent (except to furry companions), I found it easy to identify through journeys of my own (that are nonparenting), and feel confident, that you will also. Enjoy following Carrie's journey, and finding new ones of your own after finishing this wonderfully honest read.

Hits right to the core of what it means to be an individual and then part of the team and finally a family...you will laugh, cry, and cringe with Carrie, and the whole way remember your own joys, heartbreak and disasters entering motherhood. Well written and a great read! I would highly recommend it to any woman, mom or mother-to-be who's just trying to figure out who she was...who she is now...and who she'll be in the future.

Very well written, funny and poignant. The words come from the pages like water from a stream; fresh, uninhibited, and rejuvenating. I look forward to more from this author!

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