

## HANNAH KEELEY “TOTAL MOM”



Hannah Keeley is an author, television personality, lifestyle expert, founder of the website, TotalMom.com, and mother of seven. Her latest book, Hannah Keeley’s Total Mom Makeover: A Six-Week Program to Completely Transform Your Home, Health, Family, and Life (Little, Brown & Co, April, 2007.), is a life changing tool to help moms get the most out of life. Hannah has appeared on TLC, Fox and Friends, the Today show and is a regular guest on the Rachael Ray show, helping moms with her fabulous tips and tricks. In the fall of 2008, Hannah will be hosting her very own PBS series, Hannah Keeley Whole Home—an exciting program covering the subjects of home, food, garden, and family. It is a brand new show for today’s homemaker, the one who is managing a home, raising a family, saving the world and having fun at the same time!

As a work-from-home mom, Hannah is the very image of the “Total Mom.” She is energetic, optimistic and an unrelenting go-getter. Passionate about the environment, healthy living and family life, she is in a constant pursuit to make the world a better place. Although Hannah insists that there is no such thing as balance in an average mom’s life, she manages to ride the fence pretty well, balancing a busy career and a family of nine! But as she suggests, “I just know what corners to cut. Motherhood can be overwhelming these days, I want to help moms let go of some of the fluff, so they can focus on what really matters.” And she is definitely not your average lifestyle expert, confessing, “I’ve kicked my fair share of toys under the sofa. Life’s not about being perfect. It’s about making every moment count.”

Hannah has been featured in Redbook, Woman’s Day, Real Simple, Organic Style, Family Circle and many more national publications. She is also a principal with Mom Central Consulting, a mom expert with ClubMom.com, and serves on the advisory board with the Healthy House Institute.

Hannah attended Furman University in Greenville, SC, where she majored in psychology and met her husband, Blair, who at the time, had no idea that they would have seven kids in twelve years. Before pursuing a career as a Supermom, Hannah worked as a behavioral therapist. But as she states, “I do way more behavior therapy with my kids than I ever did with my clients!”

Hannah, Blair, and their children, Kelsey, Katie, Kyler, Karis, Korben, Klara, and Kenna live in Richmond, VA where they deal with the real issue of family life, like trying to get grass to grow in their lawn, collaborating on school projects and finding enough leftovers for dinner.

