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Preemie Parents Offers Hope and Guidance During Emotional Journey

PORTLAND, Maine, April, 2011—With more than 500,000 premature babies born in the United States every year, there is a need for a book that provides a road map for surviving and thriving as a preemie parent. Sellers Publishing is proud to release *Preemie Parents: 26 Ways To Grow with Your Premature Baby* by Tami Gaines, a nationally recognized advocate and spokesperson for preemie parents. Tami draws upon her own experience with her premature twins to teach parents how to transform the difficult realities of the Neonatal Intensive Care Unit (NICU) into opportunities for tremendous spiritual and personal growth.

Preemie Parents addresses the emotional aspect of being a parent of a premature baby and delivers a positive message of hope and action. By openly sharing her real-life story, Tami Gaines is able to help readers gain strength and resilience as they support their premature baby. Tami became an authority on the subject after giving birth to twins after only 25 weeks—her daughter spent 3 ½ months in the NICU and her son spent over 18 months. Through *Preemie Parents*, she is able to offer a personal, A to Z guide that will help parents of preemies learn valuable lessons in coping and becoming effective advocates for their children. This inspiring and practical book is filled with insightful information that will serve as a treasured resource for parents, caregivers, and healthcare providers.

“Preemie Parents is a must-read for every parent who wants to successfully manage the emotional rollercoaster of the NICU,” says Dr. Gaines M. Mimms, M.D., a distinguished neonatologist who wrote the foreword for the book.

Tami Gaines has gained national prominence as a preemie parent. She is a mother of four children (including preemie twins), and also has an accomplished background as a marketing and business strategist, motivational speaker, and trainer. Drawing from her holistic perspective on business and personal growth, she has helped thousands of people come closer to achieving their personal and professional goals. She has an M.B.A. from Columbia University.

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Preemie Parents (ISBN 13: 978-1-4162-0630-9) is a 5.625" x 7.75", hardcover book with 144 pages. It retails for \$15.95 and will be published March 2011. It will be available at bookstores and gift shops nationwide, as well as from Sellers Publishing's Web site, www.sellerspublishing.com.

Sellers Publishing, Inc. is an award-winning publisher of books, calendars, greeting cards and journals. It has been cited by *Publishers Weekly* for four consecutive years as one of the fastest growing independent publishers. The company is located in South Portland, Maine and can be contacted at 800-625-3386 or by visiting their Web site at www.sellerspublishing.com.

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