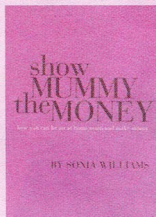


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A new book *Show Mummy The Money* throws light on the modern day mum's dilemma of whether to return to work or stay at home. Written by first-time mum Sonia Williams, the book shows women how they can bridge the gap between the boardroom and the baby change room by turning a good idea into a home-based business.

The book also reveals a few Aussie success stories including:

■ Carrie Felton, a mother of three, created business *Stuck On You* after she took her son to creche and found she had to label her son's belongings. She decided to design colourful, self-adhesive labels her son could recognise and in the past decade her business has grown in leaps and bounds, providing stick-on labels, tags and personalised stationery in bright, colourful and



child-friendly designs.

■ Single mother of two Katherine Samson founded *Healthy Habits*, a sandwich bar in Melbourne. The business has now become a franchise with 26 sites across the state.

■ Mel McNamara, a mother of two, founded *Just Born*, a manchester, nursery accessories and gift ideas business, for little girls and boys, in 2002. Her stylish range is available online and in selected children's boutiques in Australia. She also has stockists in the UK, Hong Hong and Kowloon.

■ While on maternity leave, mother-of-three Janine Allis started *Boost Juice*, opening her first bar in Adelaide in 2000. The company is now the largest and fastest-growing juice bar company in the southern hemisphere, with 148 stores in Australia and three in New Zealand.

■ *Show Mummy The Money — How You Can Be An At-Home Mum and Make Money* is available through www.showmummythemoney.com.au for \$29.95.