

FOR IMMEDIATE RELEASE

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It's not about competition, it is all about collaboration!

When women working together, there is a win-win-win

Authors Ana Barreto and Sharon Rosen work together to promote their books, share knowledge and celebrate mothers on Mother's day.

Win-win-win is a new marketing tactic women are using to champion the customer, learn from each other and grow their businesses. This is what Ana Barreto and Sharon Rosen are doing to promote their books and grow their business while creating value for their customers in the month of May.

Barreto and Rosen collaborated on a Mother's day promotion where six lucky mothers will win 2 books and a tote on Mother's Day.

To win, anyone can nominate themselves or a mother to win by entering the giveaway at www.ana-barreto.com or www.heartofselfcare.com. This promotion starts on May 7, 2017 and ends May 13, 2017. The winner will be chosen randomly and announced on Sunday, May 14, 2017.

About the books:

Book 1 – **"Crazy World, Peaceful Heart: 6 Core Practices for Cultivating Joy and Resilience"** by Sharon Rosen - This is a small book filled with a big an ideas, inspiration, and simple practices that will lift your spirit, soothe your soul, and energize your body.

Book 2 - **"Women, Rice and Beans - Nine Wisdoms I Learned from My Mother When I Really Paid Attention"** by Ana Barreto. This inspirational self-help book shows readers how to improve their daily life by creating a sacred space, learning self-care strategies by asking for help, meditating, letting go and more.

Read more at <http://www.ana-barreto.com/book>

About the Authors:

Ana Barreto is a professional and personal development teacher living in upstate New York. Read more at <http://www.ana-barreto.com/about>

Sharon Rosen is a wellness coach, meditation teacher, and energy healer who lives and loves in New York Hudson Valley. Read more at <http://www.heartofselfcare.com/about-me>.

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