



Mother's Helpers

Trisha Ashworth and Amy Nobile feel your pain **BY SAMANTHA BERRY**

It takes most moms 22 minutes before they start really telling the truth, according to coauthors Trisha Ashworth and Amy Nobile. "At first, the moms we interviewed would say, 'Everything is great. I love my husband. I am so blessed,'" says Nobile, recalling the process of gathering material for the

book *I Was a Really Good Mom Before I Had Kids*. "After 22 minutes moms finally gave themselves permission to open up and then it became, 'I haven't taken a shower in days. It's so much harder than I thought it would be. I don't know who I am anymore.'"

Ashworth and Nobile met 12 years ago in New York and became fast friends. Some years later they both moved to Marin—Nobile lives in Kentfield, Ashworth in Ross—and started families. Here, their paths diverged. Ashworth, who'd created advertising for companies like Pepsi, Levi Strauss and American Express, decided to stay home after she had her first child. "I put a lot of pressure on myself to be perfect," she says. "I had in my head what a stay-at-home mom was, and it was

BOOK SIGNING

Authors Trisha Ashworth and Amy Nobile will be present for a book reading and signing at Borders in San Rafael, Saturday, May 12 at 2 p.m.

