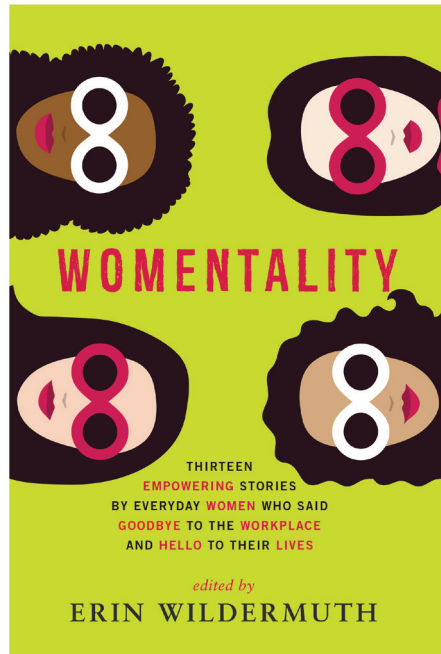


WOMENTALITY

THIRTEEN EMPOWERING STORIES OF EVERYDAY WOMEN WHO SAID
GOODBYE TO THE WORKPLACE AND HELLO TO THEIR LIVES

ERIN WILDERMUTH

FEATURED FOR
**FALL
2019**
ON SALE
OCTOBER 8



MARKETING POINTS:

- Personal stories of women from around the world—including Uganda, Poland, Palestine, Venezuela, The Philippines and more—prove you don't need a lot of capital to escape the nine-to-five lifestyle.
- Distinctive because of its focus on women from humble circumstances who more closely resemble the majority of women readers.
- National publicity campaign and bound galley outreach targeting reviews and mentions in Publishers Weekly, Kirkus Reviews, Booklist, Library Journal, Foreword, New York Times, New York Review of Books, Vanity Fair, Vogue, Glamour, People, Ms., Cosmopolitan, Women's Day, Good Housekeeping, The Guardian, Oprah etc.
- Publicity push to NPR shows and regional college radio programs
- Regional publicity campaign targeting reviews and mentions in Atlantic, New Yorker, New York Magazine, etc.

"Today, most societies still focus on full-time, 9-to-5, employer-driven work. But more and more people (millions of them) are finding ways to define their own work/life balance. Workplace independence does not need to be reserved for a wealthy elite... Our increasingly connected world makes this type of work possible for everyone."

—Erin Wildermuth, from the introduction to *Womentality*

Womentality is a collection of powerful, personal essays by enterprising women from around the world who came to the same realization: work shouldn't have to be painful and demeaning. Armed with an internet connection and plenty of ingenuity, they prove that it is possible to redefine the 9-to-5 work paradigm and create a flourishing career that is flexible and fulfilling outside the corporate structure.

The thirteen women—from diverse countries such as Uganda, Venezuela, Poland, Palestine, and the Philippines—approach independent work in different ways but are all motivated by the same impulses—to escape the drudgery of office life, to have control of their time, and to enjoy the freedom of working for themselves. Importantly, many discover that—outside of the office—it is possible to triumph over global pay disparities that favor men.

Womentality is not a book about people who do not work—rather, their stories illustrate how they overcame challenges to achieve their goals—whether they sought freedom to travel, to spend more time with the family, escape demeaning office politics, or simply to control their career.

ISBN: 978-1-941110-84-3

5.5" x 8.25"

212 PAGES

TRADE PAPER ORIGINAL

THREE ROOMS PRESS

CONTACT INFO:

\$17.00

TERRITORY: Worldwide

OCTOBER 8, 2019

NONFICTION: WOMEN IN BUSINESS

www.threeroomspress.com

info@threeroomspress.com | 212-731-0574



ERIN WILDERMUTH is a freelance writer and travel vagabond with a master's degree in International Political Economy from the London School of Economics. Her thesis concentrated on how the digital divide impacts global decision making and international labor markets. She has been intent upon shedding light on how global trends and technological advances can help people rise from economic exploitation into economic independence ever since. Her work has appeared in the *Huffington Post*, *American Spectator*, and *Scuba Diver Magazine*. She personally left the 9-to-5 in 2011. Within a year she had moved to Thailand and quit her job to work as a freelance underwater photographer and videographer. She lived in Thailand for three years and has since built a successful career as a freelance writer. She currently lives in Baltimore, MD.



ABOUT ERIN WILDERMUTH

Erin Wildermuth is a economic philosopher, freelance writer, and travel vagabond with a Master's Degree in International Political Economy from the London School of Economics. Her Master's thesis concentrated on how the digital divide impacts global decision making and international labor markets. She has been intent upon shedding light on how global trends and technological advances can help people rise from economic exploitation into economic independence ever since. Her work has appeared in such diverse publications as the *Huffington Post*, *American Spectator*, and *Scuba Diver Magazine*.

Erin first left the nine to five in 2011, negotiating a part-time, remote arrangement with her employer. Within a year she had left her job to work full-time as a freelance underwater photographer, videographer and writer in Thailand. She lived in Asia for two years and has since returned to the United States, using her freelance income to return to school where she is studying regenerative medicine. She currently lives in Baltimore, MD.

ABOUT THREE ROOMS PRESS

Three Rooms Press is a fierce New York-based independent publisher inspired by dada, punk, and passion. Founded in 1993, it serves as a leading independent publisher of cut-the-edge creative, including fiction, memoir, poetry translations, drama and art. In addition, Three Rooms Press produces and promotes a variety of literary and cultural events worldwide, including readings, plays, workshops, and concerts. All Three Rooms Press titles are distributed by Ingram/Publishers Group West and are available in wholesale and independent bookstores, libraries, universities, and online retail outlets nationwide and internationally.

RECENT AND FORTHCOMING BOOKS FROM THREE ROOMS PRESS

FICTION

Meagan Brothers
Weird Girl and What's His Name

Ron Dakron
Hello Devilfish!

Michael T. Fournier
Hidden Wheel
Swing State

William Least Heat-Moon
Celestial Mechanics

Aimee Herman
Everything Grows

Eamon Loingsigh
Light of the Diddicoy
Exile on Bridge Street

John Marshall
The Greenfather

Aram Saroyan
Still Night in L.A.

Richard Vetere
The Writers Afterlife
Champagne and Cocaine

Julia Watts
Quiver

WOMEN IN BUSINESS

Womentality: Thirteen Empowering Stories by Everyday Women Who Said Goodbye to the Workplace and Hello to Their Lives
edited by Erin Wildermuth

MEMOIR & BIOGRAPHY

Nassrine Azimi and Michel Wasserman
Last Boat to Yokohama: The Life and Legacy of Beate Sirota Gordon

William S. Burroughs & Allen Ginsberg
Don't Hide the Madness: William S. Burroughs in Conversation with Allen Ginsberg
edited by Steven Taylor

James Carr
BAD: The Autobiography of James Carr

Richard Katrovas
Raising Girls in Bohemia: Meditations of an American Father; A Memoir in Essays

Judith Malina
Full Moon Stages: Personal Notes from 50 Years of The Living Theatre

Phil Marcade
Punk Avenue: Inside the New York City Underground, 1972-1982

Alvin Orloff
Disasterama! Adventures in the Queer Underground 1977-1997

Stephen Spotte
My Watery Self: Memoirs of a Marine Scientist

PHOTOGRAPHY-MEMOIR

Mike Watt
On & Off Bass

SHORT STORY ANTHOLOGIES

SINGLE AUTHOR
Alien Archives: Eighteen Stories of Extraterrestrial Encounters
by Robert Silverberg

First-Person Singularities: Stories
by Robert Silverberg
with an introduction by John Scalzi

Tales from the Eternal Café: Stories
by Janet Hamill
with an introduction by Patti Smith

Time and Time Again: Sixteen Trips in Time
by Robert Silverberg

MULTI-AUTHOR
Crime + Music: Twenty Stories of Music-Themed Noir
edited by Jim Fusilli

Dark City Lights: New York Stories
edited by Lawrence Block

Florida Happens: Bouchercon 2018 Anthology
edited by Greg Herren

Have a NYC I, II & III: New York Short Stories;
edited by Peter Carlaftes & Kat Georges

Songs of My Selfie: An Anthology of Millennial Stories
edited by Constance Renfrow

The Obama Inheritance: 15 Stories of Conspiracy Noir
edited by Gary Phillips

This Way to the End Times: Classic and New Stories of the Apocalypse
edited by Robert Silverberg

MIXED MEDIA

John S. Paul
Sign Language: A Painter's Notebook (photography, poetry and prose)

FILM & THEATER

Israel Horowitz
My Old Lady: Complete Stage Play and Screenplay with an Essay on Adaptation

Peter Carlaftes
Triumph For Rent (3 Plays)
Teatrophly (3 More Plays)

Kat Georges
Three Somebodies: Plays about Notorious Dissidents

TRANSLATIONS

Thomas Bernhard
On Earth and in Hell
(poems of Thomas Bernhard with English translations by Peter Waugh)

Patrizia Gattaceca
Isula d'Anima / Soul Island
(poems by the author in Corsican with English translations)

César Vallejo | Gerard Malanga
Malanga Chasing Vallejo
(selected poems of César Vallejo with English translations and additional notes by Gerard Malanga)

George Wallace
EOS: Abductor of Men
(selected poems in Greek & English)

POETRY COLLECTIONS

Hala Alyan
Atrium

Peter Carlaftes
DrunkYard Dog
I Fold with the Hand I Was Dealt

Thomas Fucaloro
It Starts from the Belly and Blooms

Inheriting Crazyiness is Like a Soft Halo of Light

Kat Georges
Our Lady of the Hunger

Robert Gibbons
Close to the Tree

Israel Horowitz
Heaven and Other Poems

David Lawton
Sharp Blue Stream

Jane LeCroy
Signature Play

Philip Meersman
This is Belgian Chocolate

Jane Ormerod
Recreational Vehicles on Fire
Welcome to the Museum of Cattle

Lisa Panepinto
On This Borrowed Bike

George Wallace
Poppin' Johnny

HUMOR

Peter Carlaftes
A Year on Facebook

DADA

Maintenant: A Journal of Contemporary Dada Writing & Art (Annual, since 2008)

CONTACTS

Book website

<http://threeroomspress.com/authors/womenality/>

Author website

<https://michaelhyatt.com/author/erinwildermuth/>

Publicity / Publisher

Three Rooms Press

Kat Georges

Co-Director

(212) 731-0574

kat.georges@threeroomspress.com

WEBSITE: threeroomspress.com

FACEBOOK: facebook.com/threeroomspress

TWITTER: [@threeroomspress](https://twitter.com/threeroomspress)

THE MAKING OF WOMENTALITY

by Erin Wildermuth

The idea for *Womentality* came from my own transition away from traditional employment. I had been interested in the future of work for a long time, certain that it would allow people more freedom over their own lives without giving up financial stability. At the same time, I was unsure about how to transition out of a full-time, salaried position while still supporting myself.

In 2011 I negotiated a part-time, remote arrangement with my employer and moved to Thailand. There I earned my Divemaster's Certificate and began working as an underwater videographer. Within a year I was freelancing full-time as an underwater videographer/photographer and writer for Travelfish.org.

I was surprised how easy it was and frustrated with myself for taking so long to take the plunge. I was also painfully aware of how invaluable my circumstances were to my ability to make this transition - in addition to an employer who was open to remote work I had a strong family-based network of support. Frustration with the presumption that owning our own time is a luxury reserved for the upper classes sparked a growing interest in how everyday people can find the same financial freedom our elites often monopolize.

The idea for this book was ruminating in the back of my mind for some time before it became a reality. I was working on a non-fiction book proposal for a more academic project about the future of work when the idea of editing inspirational, international stories of escaping the rat race came to me. The next time I had a chunk of free time, this was the project I turned to. This project seemed more relevant and more inspiring, something that is sorely missing from the entrepreneurship literature.

Many books on entrepreneurship are written for people (mostly men) who already come from wealth. They talk more about leveraging wealth and successful investing than turning passions into modest paychecks. Passive income is the big buzzword. They are written by and for an elite, which makes regular people feel like working for themselves is out of reach. I can't imagine how compounded this feeling must be for people born into less prosperous economies than we have in the United States.

At the same time, the big-money, passive-income entrepreneurship often written about in these books is economically problematic. These people are often not creating wealth. Much of the tactics taught are the equivalent of real estate investing. People are just using their economic status to put the down payment on a home, and waiting twenty years while someone from a lower socioeconomic background pays their mortgage for them. Is that really the kind of economics we want to encourage as a society?

I feel good about having put together a book that celebrates not only regular people who are succeeding as entrepreneurs, but regular people who are creating real value in our economy through the actual work that they do.

It is hard to say definitively how long I spent working on this book. I think I commissioned most of the chapters over about a three-month period in the Fall of 2017 while living in San Diego. There were a few chapters that didn't work out and a few that I searched out later, once the book had been mostly formed and I sensed particular gaps I wanted to fill. My heavy editing happened around the same period. I was working only as a freelance writer at the time and treated this project like a full-time job once my other assignments were complete each day.

The most challenging thing about putting this book together was my commitment to telling stories from international women who were not necessarily writers. The writers I hired to pen chapters turned in beautiful prose. I think there were two of them. The other chapters required significant editing, both in terms of English and narrative flow.

That said, there was nothing better than the responses I got when my authors read and approved my edits. They were so excited to be telling their stories and so thankful for my role in making their prose pop, as one woman put it. The excitement was, and continues to be, truly contagious.