

Mary Jo Rulnick  
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### **Mary Jo Rulnick**

Mary Jo Rulnick, wedding coordinator for the second largest U.S. museum and mother of two, turned her practical advice and doable tips into a writing career. She has been published regionally and nationally across the United States and Canada, specializing in home, family and women's issues. Rulnick is a regular contributor to *Family Digest* and *Pittsburgh Parent Magazine*. In 2006, she received the Bronze Award from the Parenting Publications of America for her teen driving article "Can I Have the Keys." She is the author of *The Frantic Woman's Guide to Feeding Family and Friends* (Grand Central, formerly Warner Books) and coauthor of *The Frantic Woman's Guide to Life: A Year's Worth of Hints, Tips and Tricks* (Grand Central, formerly Warner Books). In March 2007 and April 2007, Rulnick hit number one as "Author of the Week" on **Internet Book Database**, passing such bestsellers as Rachael Ray, Sidney Sheldon, and Nora Roberts.

### **Her Books**

*The Frantic Woman's Guide to Feeding Family and Friends* offers easy-to-prepare dinners for everyday of the year, including special occasions, company's coming and PMS days. Holiday menu plans that—once and for all—tell you what to do with all that extra turkey and ham. Comprehensive grocery lists for every dinner in the book with instructions on how to make one trip to the grocery store every two weeks. Tucked in between the recipes are tips for making the kitchen more organized, streamlining food preparation, minimizing cleanup, getting the family involved and having a little frantic woman family fun.

*The Frantic Woman's Guide to Life* helps keep today's busy women on track. The book is divided into three parts. Part one deals with everyday tasks you must deal with year round. Part two, the meat and potatoes of the book, is separated into monthly chapters and is compilation of timesaving tips, efficiency secrets that can eliminate clutter and help save you money, too. There's help for juggling home, family and work. Part three offers a "what you need" list for just about everything from vacation packing to sending your child to college to what should be in your medicine cabinet.

### **Her Topics**

Rulnick can speak on a number of subjects, including:

- Quick meals to prepare. On-the-go meals that eliminate zipping up to the drive-through window.
- Fitting in grocery shopping when there isn't time.
- Reclaiming the family dinner meal.
- Simply ways to save money when feeding the family.
- Family fun for football Sunday.
- Easy holiday entertaining for families.
- Creative ways to get help in the kitchen.
- Using the one-step back, one-step ahead plan to prepare for the upcoming months.
- Fitting smaller tasks around larger chores to make life easier.
- Make the most out of 15 minutes.
- Quick and easy entertaining tips.
- Beating breakfast time blues.
- Summer survival.

### **Her Video Clip**

Check out Rulnick on KDKA's Pittsburgh Today: [http://kdka.com/local/local\\_story\\_346133953.html](http://kdka.com/local/local_story_346133953.html)