

MICHAELA H LINCOLN

www.michaelahlincolnonline.com



Michaela Lincoln is a health and wellness specialist as well as the author of *Three Times the Fun*, a children's book about triplets that's based on her own triplets, Spencer, Ariella and Elijah. She was inspired to write a book for young children to introduce them to the concept of multiples. Through lively illustrations and simple yet powerful language, *Three Times the Fun* introduces children to a set of fun and dynamic triplets who are also just like any other sibling group.

Like all mothers, Michaela's motherhood journey began evolving as her children grew older, and she felt compelled to take on a project that was hers alone. In 2013 she joined Arbonne, a business she loves and that aligns with her values. She believes that what we put on our bodies is just as crucial as what we put in our bodies. A teacher by training, Michaela enjoys educating her fans on all things health and wellness.

Some of the topics Michaela speaks about:

- Healthy eating
- Women and entrepreneurship
- Taking ownership of your life
- How to find your "Why"
- Family, cooking/baking, exercise and the importance of moving.
- The importance of self-growth and positivity
- The value in giving back

You can read more about Michaela on [her website](#) and on [her blog](#).

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FOR IMMEDIATE RELEASE

Michaela Lincoln Releases New Children's Book

Three Times the Fun addresses themes of triplets, siblings and family

Montreal, February 1, 2019 - Author Michaela Lincoln has published a children's book, *Three Times the Fun*. The book is written from the point of view of Simon, Charlotte and Maurice, who share the fun and challenges of growing up as triplets.

"I wanted to give children a chance to understand what it's like to be a triplet," explains Ms. Lincoln. "But the book goes beyond the theme of triplets and celebrates siblings and relationships."

The book garnered a five-star rating by Reader's Favorite, which touted it as "A grand selection for story time."

Ms. Lincoln is planning a book tour, which includes a book signing at Chapters Pointe-Claire in July.

Three Times the Fun is available on Amazon, Indigo and all major online retailers. You can read more about the book at www.3timesthefun.com.

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Q&A with Michaela Lincoln

1 Tell us a bit about your book.

Three Times the Fun is a children's book that explores what it means to be a triplet through the eyes of triplets. The book was inspired by my own triplets, who now, at twenty-one, are all grown up.

2 The book has been well received so far on social media and by critics. Tell us about that.

The book earned a five-star rating from Reader's Favorite (the highest possible rating), and it has also resonated with Instagram parents of triplets who are also influencers. One mom, in particular, told me that reading my book helped her get through a bad day with her triplets. When you're writing a book, you have no clue if anyone will connect with it. After all the thought, work and effort, it's lovely to have it so well received.

3 What compelled you to write this book?

When I was pregnant with my triplets and when they were young, people stopped me all the time. They were curious and often did not quite understand that I had three kids at once. I figured if adults had a hard time wrapping their heads around the concept, how hard was it for kids to understand that a mom can carry three babies or more in her tummy at the same time? I love writing and decided that I was a good source to write a book like this, as I have experienced it firsthand.

4 What's your target readership?

The book is best suited for children aged two to six.

5 Tell us a bit about your own triplets. What do they think about the book?

My triplets, two boys and a girl, are now twenty-one years old. My daughter, in particular, was very excited when she saw the illustrations for the book. The illustrations not only brought the book to life, but they are based on my kids. My triplets are wonderful adults now, each with their own interests, but remain very close to each other.

6 Your triplets are older. Why publish this book now?

I originally wrote the book when the kids were four years old and sent it to fifty publishers, all of whom sent it back, saying they didn't deal with children's books. So, no one had really read it, and being so busy with my children, I just put it aside. Now the kids are older, and the book was something that I really wanted to accomplish. When I set out to find a way to publish it, I realized that the publishing industry had changed since the kids were four, so I was connected to a wonderful, small Montreal-based publishing house that, with the help of a fabulous illustrator, helped me with the illustrations and the self-publishing process.

7 What was the biggest challenge you faced as a new mother of triplets?

My husband and I went from just the two of us and a dog to five of us and a dog! He travels a lot for his work, which meant I was often alone with the kids. I come from Australia, and my parents, who had remained there, would come each December. In the very early days, my mum came over for a few months, which was amazing. I did have help until the kids were two-and-a-half. It's been me ever since. I had to learn how to feed the kids on their own, and I remember many cold winter afternoons where the dog had to be walked, forcing me to dress the kids in snowsuits and walk the dog to the dog run until the kids complained they were cold and wanted to go home!

8 What is the biggest challenge that triplets or multiples have to deal with?

I feel that mothers of multiples simply don't have the luxury of time that singleton parents have. Everything happens at once, so, in a sense, it is like having one child. I made sure that I would go to every school and sport activity I could, knowing that I didn't have activities from any other children to attend.

9 What is the message you want to share with your readers?

Three Times the Fun is not just for triplet families but for any family. It's about siblings and relationships, and reminds us that, while kids might all be born at the same time, they're still individuals.

10 Where can people find out more about you and the book?

The book is available on Amazon, Indigo and can be purchased at Kidlink on Monkland Avenue in Montreal. I also have a website where I blog on various different subjects. You can visit www.michaelahlincolnline.com

11 The health and wellness field has exploded in recent years. What is your approach and how are you different?

I love to educate people. Perhaps it's the mother in me, perhaps it's the teacher in me. But I have learnt that nowadays, with so many chemicals and artificial everything that contains so many toxins, it is so important to become our own health advocate and learn to read labels, ask questions and use products that are good for us.

12 What is the one thing women can do to feel healthier?

Taking time for oneself is crucial, we need to learn to get rid of any mummy guilt and understand that as long as we are looked after and in a good place then everything else will be fine.

13 If you had to give one piece of advice to new mothers, what would it be?

Relax and enjoy! Babies are hearty, and they do not remember the mistakes you made. The time goes so quickly that we need to really enjoy all the moments we have with our children, big and small. Be present.

14 What advice would you have for a woman looking to become an entrepreneur?

Align yourself with something that reflects your values. Work consistently to see results and stay for the course, do not quit before payday. Being an entrepreneur can allow us incredible life changes and freedoms, which perhaps we never could have thought possible. Creating an asset to bring in residual income is an incredible gift we can build for ourselves and our families.