

Kimberly Seals Allers

Kimberly Seals Allers has a passion for motherhood. She is today's premiere authority on issues relating to mothers of color, author of *The Mocha Manual* series of books and editor in chief of MochaManual.com, the fast growing web-based publication and lifestyle destination for today's African American moms and moms-to-be.

Her NAACP Image Award nominated book, *The Mocha Manual to a Fabulous Pregnancy* (Amistad/HarperCollins) is the first-of-its kind guidebook for Black women. *The Mocha Manual to Turning Your Passion into Profit –How to Find and Grow Your Side Hustle in any Economy* (Amistad/HarperCollins) on sale everywhere January 20th, is a must-read for aspiring female entrepreneurs. The third Mocha Manual in the series, a guidebook for military wives and female servicemembers will be released in June 2009.

She is also founder of The Mocha Manual Company, the emerging brand for African American women, featuring MochaManual.com, the Mocha Manual maternity and new dad tee shirt line, and the Mocha Manual to a Fabulous Pregnancy DVD, sold nationwide at Wal-mart and Acme Supermarkets.

An award winning journalist, Kimberly previously served as senior editor, personal finance and careers, at *Essence* magazine and also served as host of *Essence's* nationwide Work & Wealth events, where she conducted live "talk show" style workshops about money & life in various cities. Prior to joining *Essence*, Kimberly was a reporter and staff writer for *Fortune* magazine, the *New York Post*, and as a business writer for *The Times of London*.

Her freelance work has appeared in *Ladies Home Journal*, *The New York Daily News*, *Real Simple*, *Better Homes & Gardens Family Money*, *The Independent (London)*, *Fortune*, *Pregnancy* and others. She is also a co-author of *Giving Notice: Why the Best and Brightest are Leaving the Workplace*, published by Josey Bass.

The Mocha Manual to a Fabulous Pregnancy has been extensively featured in the international, national and local press, including *Ebony*, *Pregnancy*, and *Essence* magazines, and the UK's *New Nation*, *Guardian*, and *The Voice* newspapers.

Seals Allers holds a BA from New York University, and a M.S. from Columbia University. A Queens, New York native, she currently resides in Bay Shore, New York with her two children—eight-year-old Kayla Rebecca and four-year-old Michael Jaden.