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From Disaster to Diva Inspirational Turnaround Leads to New Boot Camp for Women

Less than five years ago Cara Mirabella was little more than a slob when it came to her home. Now her personal story of transformation into a capable home manager is inspiring thousands through her website and weekly podcast.

/24-7PressRelease/ - BLOOMINGDALE, NJ, August 17, 2008 - Less than five years ago Cara Mirabella was little more than a slob when it came to her home. Now her personal story of transformation into a capable home manager is inspiring thousands through her website and weekly podcast. As TheHouseholdHelper.com celebrates its first anniversary, Mirabella is rolling out an online boot camp-style program to help others make the same turnaround in their own lives.

"Women tend to be real sensitive about their homemaking skills," says Mirabella, founder of TheHouseholdHelper.com, "so if you feel like your sinking it can be very hard to take the first step and say 'I need help'. Domestically Challenged Boot Camp provides a level of privacy that is hard to find in most coaching and mentorship programs."

After realizing how much more peaceful and fulfilling life became after getting a handle on her own house, Mirabella started looking for ways to help others overcome organizational challenges within their homes.

"With all the supermom images that we've been exposed to over the years, it can be really difficult for women today to admit that they are overwhelmed so it's been a goal for me to create a comprehensive program where everyone feels comfortable rather than judged."

"Many online programs provide steps and suggestions for improvement," explains Mirabella, "but the problem is that they don't help connect these wonderful new habits to a step by step process of integrating those good habits into real life."

Domestically Challenged Boot Camp is delivered completely through email and takes a participant six weeks to complete. "At that point habits are established and you'll have a plan that can take you through almost any occasion or challenge," says Mirabella, who developed the program based on her own experiences and credits for her ability to deal with the premature birth of her son and the often tumultuous schedule of her shift-working husband. Continued support and encouragement is provided through weekly emails after the course is completed.

For more information on the Domestically Challenged Boot Camp, or to arrange an interview about household management and it's affects on health and well-being, contact Cara Mirabella at cara@thehouseholdhelper.com or visit DomesticallyChallengedBootCamp.com

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