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**FROM CHANGING DIAPERS TO CHANGING THE WORLD:
Why Moms Make Great Advocates & How to Get Started**

by Cynthia Changyit Levin

ST. LOUIS, MO (February 1, 2022)—In her new book, *From Changing Diapers to Changing the World* (Publish Your Purpose, 2022, ISBN 978-1-955985-33-8), author, speaker, activist, and mother, Cynthia Changyit Levin delivers a timely, actionable guide empowering mothers as activists. The book is available for sale on March 8, 2022.

Drawing on years of experience as an activist engaging with members of Congress about health, nutrition, education, and gun violence, Levin breaks down barriers to advocacy that mothers commonly experience. With warmth and humor, she demystifies the process of connecting with government officials, weaving in uplifting stories of mothers who have taken successful action on important causes.

Levin introduces new activists to non-partisan grassroots advocacy and encourages experienced advocates to take next steps in making their work more impactful.

“My goal is to empower moms to move from thinking, ‘I can’t change the world. I’m just a mom’ to ‘I can change the world because I’m a mom!’ I want to help other mothers become the change they want to see in the world. I spent too many years wondering what to do and how to do it. I help them skip past those questions and frustrations by sharing my story and the lessons I’ve learned along the way.”

This resource equips mothers with step-by-step instructions for impactful actions and stories of diverse moms raising their voices on critical issues. It is Levin’s hope that it will inspire moms to harness the power and skills of motherhood to create a better world for their children.

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About Cynthia Changyit Levin

A non-partisan activist working across a variety of issues, Levin coaches volunteers of all ages to build productive relationships with members of Congress. She advocated side-by-side with her two children from their toddler to teen years and crafted a new approach to advocacy based upon her strengths as a mother.

Her published opinion pieces have appeared in The New York Times, The Financial Times, the Washington Post, and many other national and regional publications. She received the 2021 Cameron Duncan Media Award from RESULTS Educational Fund for her citizen journalism on poverty issues.

About Publish Your Purpose

As an LGBTQ+ and women-owned B Corporation™, the mission of Publish Your Purpose is to elevate the voices often excluded from traditional publishing. We intentionally seek out authors and storytellers with diverse backgrounds, life experiences, and unique perspectives to publish books that will make an impact in the world. For more information, please visit the Publish Your Purpose website. www.publishyourpurpose.com

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