**Local author pens book on mother- daughter relationship melding humor and healing available Mother’s Day weekend**

May 3, 2011 (Schenectady, NY) A perfect Mothers’ Day read, Vacuum Like No One is Watching: and Other Lessons from My Mother invites us into the private world of author Kim Perone as she walks through life’s ups and downs.

Perone, a well-known public relations professional in the Capital Region, shares her mother with us in this funny and poignant memoir. “I started writing a book on bereavement after the loss of my beautiful, little sister Kristen to a rare form of cancer. Along the way, I detoured into humor with a series of vignettes about my mother. In the end, I couldn’t talk about my mother without talking about our losses, so I put the chapters together. The result was an odd combination of humor and bereavement, but perhaps it breaks a cultural taboo - talking about death. Laughter and loss, that pretty much sums up real life,” says Perone. “I had an idyllic childhood which blossomed into a tumultuous adulthood, so laughter and family is critical to me. My mother’s pragmatic, yet powerful, view on life is deeply affecting.” Apparently, it is also effective. The book was therapy after the second significant loss in the author’s life, coming five years and eight days after the death of her nine year old son Jack in a car accident. And as a family, they are committed to remembering and sharing her late sister with her sister’s son who was 15 months old when his mother died. “Mother’s Day is bittersweet for me and now it is for my mother as well. It is unfortunate that we both lost children, but it is fortunate that we still have each other.”

“My detour into humor enabled me to go back to my childhood, and reflect on today, in a way that allowed me to discover why I am so doggedly determined to keep my positive spirit intact despite the chronic ache in my heart,” says Perone.

Readers can practically feel the plaid and paneling of Perone’s childhood as she takes us through her upbringing in the 70s and a charming vision of camp summers in Upstate New York. Readers will be moved to tears by her description of their untimely losses, however, a healthy dose of humor pulls you back in the final chapters, as Perone rebounds with more evidence of her mother’s hurricane-like approach to life. The short 166-page book is a quick read that leaves a lasting impression.

The title is a take on the expression “dance like no one is watching” and an umbrella concept for that which you wish for your loved ones. Claudia loves to vacuum, Kim hates it. Mothers everywhere can take heed - the impact you have on your children’s ability to cope with life often comes from the most unlikely of actions or words. “My mother was surprised at some of the things I wrote about, even cringing in some places, but the bottom line is she is a unique, funny, and vibrant person and it is a big part of who I am as a person. I want to share her with readers,” Perone adds.

Perone is looking forward to promoting the book through speaking engagements based on women’s issues, bereavement, and humor. “For years people have come to me to talk about grieving. Having so visibly and publicly grieved, I became a magnet for those who could help me and then a magnet for those who were suffering. As a communication professional, I saw the role a book like this could play.” Perone notes that she read many books on grief after the loss of her son, including memoirs that reminded her that she was not alone and that survivorship is not an option. “My son Steven was eight years old when his brother died. He deserved a happy life that didn’t stop being ‘happy’ after a tragic accident. So I wanted to see how they did it, how they managed to go on.” The book is part of paying it forward, a tribute to those authors that shared their stories to inspire Perone to keep smiling.

“I personally realized that laughter plays a huge role in resilience. So I hope readers laugh and cry, then vacuum like no one is watching!” When asked if there will be a Vacuum II, she adds “Mom never stops giving me material, I can assure you.”

Books will be available Friday, May 6th at the Open Door Bookstore in Schenectady, The Book House in Stuyvesant Plaza, <http://shop.thetroybookmakers.com>, and [www.amazon.com](http://www.amazon.com).

In addition to writing, Perone is a public relations consultant in the Capital Region.

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Book Synopsis

Whether you love or hate vacuuming, you will enjoy the antics of this mother-daughter duo as they sail or stumble through life’s challenges—growing up, marriage, motherhood, divorce, loss, and preserving your inner optimism at all costs.

Claudia (mother) loves cleaning so much that it colors her world. She is never without her well-vacuumed perspective on life and quirky solutions to problems. Known as Hurricane Claudia, her constant motion and tireless positivity make her a matriarch on a mission. She presides over the family resources, including some unlikely ones.

Kim (author and daughter) despises the vacuum and sees the world with less pragmatism than her mother. She finds her mother’s ‘Claud-e-isms’ funny, simple, and surprisingly profound. Now in her forties, she finds her mother’s approach to life truly affecting, and understands that it’s the basis of her own character and the ways she copes with life’s triumphs and tragedies.

When tragedy strikes—not once, but twice—they find their kinship moving beyond the ordinary and into an unlikely partnership. While their shared humor buoys the spirit, it also takes a new and higher place of importance in their lives.

***This is a book about resilience that is both funny and poignant, a book of hoping and coping, and ultimately valuing what is left to love.***