

# **Life in the Estrogen-Free Zone**

## **Humor and Heartfelt Wisdom from Boy Moms**

A compilation by Michelle Rayburn and friends

These and other guidelines and tools are available at: [www.faithcreativitylife.com](http://www.faithcreativitylife.com)



**Pease read all guidelines prior to submitting a manuscript for consideration.**

### **Target Reader:**

Moms raising boys from birth to young adult. They're looking for camaraderie, wisdom, and support from others who get it. A boy mom is a mother to one or more boys. Yes, it often applies to moms who have only sons. But any mother with at least one son knows the unique challenges and blessings of raising boys. She **is** a boy mom.

### **Theme and Purpose:**

This book will contain encouragement from one mom to another, drawn from personal stories and focused on showing other boy moms they are not alone. It will include content that breaks away from stereotypes to show that boys come in all personalities and interests.

Stories in this compilation are true and inspirational—from ordinary moms finding joy in both the messy stuff and the organized moments of raising boys. They demonstrate how a mom changed or grew through her challenges, problem solved in unique ways, or laughed at herself through her mistakes. This book will help boy moms find their people, the ones who help them feel more hopeful and connected, more equipped to handle the challenges unique to raising sons.

Writing should be active voice, create emotion, and draw the reader in so she feels as if the writer totally gets her. Rather than featuring moms who have it all together, this book is about how God shows up in the hard stuff. It's also about surviving in a zone where she might be the only female.

Faith is a key thread, but stories are not preachy. They should not be a study of Bible text, not devotionals, and not chapters in a parenting manual. Instead, they should draw the reader in with

a conversational storytelling style that feels like a chat over coffee. Humor that flows naturally is a big plus to engage the reader, but only if it isn't cheesy or contrived.

**Details:**

First-person true stories of 1300–1800 words plus an additional bio of 50–75 words. (Please, no ghostwritten stories or as told to. Must publish using your real name.)

You may submit up to **three** chapters for consideration, but there is no guarantee of being published.

U.S. authors only.

**The book is divided into age groups for stories. Please indicate the category above the chapter title in your submission.**

Birth to preschool  
Elementary school age  
Middle school  
Teen  
Young adult

**Tentative Timeline:**

Deadline for submissions is April 30, 2023. However, earlier is better! We will cut off submissions early if all slots are filled. Absolutely NO late submissions.

- You will be notified of acceptance no later than May 15, 2023.
- You'll receive a PDF of your chapter to proof no later than June 20, 2023 with any corrections to be submitted within seven days.
- The book will have a soft launch on July 12, 2023.
- Your author copies will be ordered for you the week of July 12, 2023. (They take approx. 2 weeks to arrive.)

**Rights and publishing:**

Submissions for *Life in the Estrogen-Free Zone* are one-time rights to be published in a print paperback book and in an e-book with the possibility of an audiobook. You may use your submission elsewhere since you own the rights to your piece. You may use a previously published article or blog post as long as you own the rights for using it and if you edit it to fit the audience for this book. Contributors will receive a contract that spells out rights and permissions.

If your submission has been published elsewhere, please specify this in the email body when you send it.

This will be published under the imprint owned by Michelle Rayburn: **Faith Creativity Life Books**. It will be available for sale on Amazon and other online retailers in the print form and in Kindle for the e-book.

Authors will have a bio appearing at the end of their chapter (not at the end of the book), and they may also include a link to their website in that bio (or to **one** social media platform).

**Compensation:**

Each contributor will receive 5 free copies. These will have a retail value of approximately \$74.95.

**Wholesale Purchasing:**

Contributors may purchase books at a wholesale price of 50% off the cover price plus shipping. Orders will have a minimum purchase of 10 books. (Approximate cost of \$85 with shipping),

Those will be direct shipped from Amazon to the author after payment is made to Michelle Rayburn via a credit card or PayPal. Wholesale re-orders will be available to contributors as long as the book is in print. Orders take approximately 2 weeks to arrive.

Example: \$14.99 cover price. Authors purchase books at \$7.50 each plus shipping, they can re-sell them at cover price and earn a profit.

**Marketing and Publicity**

Publicizing the book is a team effort. Authors will receive some free graphics to share on social media or promotional materials. It is understood that if you submit to the project, you agree to share about the book on your social media channels and email list.

**Submission Guidelines:**

Manuscripts will be reviewed for consideration and authors will receive one of three responses:

- 1) An acceptance along with a contract.
- 2) A request for further edits before receiving a contract.
- 3) A thank you for submitting, but we don't think the piece is the right fit.

All submissions will go through an editing process, and the author will have the opportunity to view a PDF proof before it goes to print to check for typos. Writers must follow the writers' guidelines and format as requested to be considered for publication.

Send your submission to [submissions@faithcreativitylife.com](mailto:submissions@faithcreativitylife.com) with "Life in the Estrogen-Free Zone Chapter Submission" in the subject line. Attach the Word document. Within several days you will receive a simple reply that says your submission has been received and you will be notified later about acceptance one way or the other.

**Add the email address above to your safe senders list so your response doesn't go to spam.**

**Writer's Guidelines:**

- Download the sample setup document from [www.faithcreativitylife.com](http://www.faithcreativitylife.com)
- Submissions **must** be in a Word document with the author's name included in the title of the document. Set up Word with:
  - Times New Roman 12 pt. font.
  - 1-inch margins all the way around.

- Double space the document.
- Indent the first line of each paragraph .3 using the paragraph formatting and **not** any tabs or spaces. Those make lots of work for the typesetter.
- Use only 1 space after a period, despite what your typing teacher told you in 1985.
- Insert your name and email and the date of your submission in the header of the document. (See sample.)
- Please **do not** use bullet points in your story. But **DO** insert subheadings in the chapter (3–5 **required** in the chapter).
- You may use em dashes without a space on either side.
- Try to avoid using ellipses if possible.
- Please follow the guidelines of the *Christian Writer’s Manual of Style* and the *Chicago Manual of Style* when self-editing your work.
- Deity pronouns (him, he, me, my, his, you, your) are lowercase.
- If you quote any Scripture, please use the **New Living Translation**. Suggestion: check BibleGateway.com to make sure you’re using the most recent version in your quotes. Copy and paste is the best way to ensure accuracy.
- If used, please put Scriptures in quotation marks with the reference following the quote (no long block quotes). Example: “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life” (John 3:16).
- Please check to make sure small caps stay on LORD if you insert a verse.

#### **Tips for Being Included:**

- You show vulnerability and authenticity.
- Your writing is engaging and helps the reader feel part of the story.
- You follow the guidelines for submission.

#### **Writing Tips:**

- Be creative and fun in titling your chapter.
- Use clever subtitles throughout your chapter to break up the text and capture the reader’s attention.
- Use dialogue to show rather than tell.
- Use creative nonfiction techniques to tell a story and capture the reader’s interest.
- Show your personality in your bio.
- Write with the reader always in mind. The book is for them, even if it’s your story.
- Tell your story in a way that connects with a reader’s emotions.
- Start with a strong hook.
- Know where you’re going with your story.
- Write from the heart.
- Avoid controversial issues, political topics, or denominational topics.
- Share specifics, rather than generalizations.

If you haven't been able to find the answer to a question in this document, please send an email to [submissions@faithcreativitylife.com](mailto:submissions@faithcreativitylife.com)



I look forward to seeing your contributions!

Michelle

**About the publisher of this project:**

**Michelle Rayburn** is a successful indie author and is a copyeditor, cover designer, and typesetter for other authors. She has won multiple awards for her books. *Life Repurposed*, the first compilation she published in 2021, received honorable mention in 2022 for the inspirational gift book of the year in the AWSA Golden Scroll Awards. Learn more about Michelle at [www.michellerayburn.com](http://www.michellerayburn.com).