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# The Mask Of Motherhood How Becoming A Mother Changes Our Lives And Why We Never Talk About It

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Maid

The Story Behind the U.S. Racial Wealth Divide

The Mask of Motherhood

Motherhood Is a B#tch

How Mamas Love Their Babies

Why the Most Important Job in the World is Still the Least Valued

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Crossing the River

Forget "Having It All"

How Becoming a Mother Changes Our Lives and Why We Never Talk About It

This Lovely Life

Fight Fear, Gain Confidence, and Find Yourself Again

The Mask of Motherhood  
A Story of How One Became Two  
Motherhood  
The Brave Art of Motherhood  
From Here to Maternity  
Hard Work, Low Pay, and a Mother's Will to Survive  
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What Women Want Next  
Familial Homophobia and Its Consequences  
The Mommy Myth  
Christ in the Chaos  
A Fun, Practical Guide to Becoming a Mom  
Motherhood  
What marriage really means for women  
The Three Mothers  
Facing and Finding Yourself  
How the Gospel Changes Motherhood

*The Mask Of Motherhood  
How Becoming A Mother  
Changes Our Lives And  
Why We Never Talk  
About It*

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## **HERRING KATELYN**

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profound meditation on the nature of  
reality...An extraordinary and dazzlingly  
original work from one of our most gifted  
and interesting writers." —EMILY ST. JOHN  
MANDEL, author of Station Eleven "Phillips  
is, as always, doing something at once  
wildly her own and utterly primal. Maybe it

doesn't surprise me that the strangest  
book I've read about motherhood is also  
the best, but it does thrill me." —REBECCA  
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"Spellbinding...both unsettling and  
irresistible. Phillips manifests the surreal,  
terrifying, and visceral experience of  
motherhood." —DANA SPIOTTA, author of  
Innocents and Others "Like parenthood  
itself, The Need is frightening and  
maddening and full of dark comedy...

Everyday life, here, is both tedious and fascinating, grotesque and lovely, familiar and tremendously strange.” —THE NEW YORK TIMES BOOK REVIEW (EDITORS’ CHOICE) “[A]n extraordinary writer at her electrifying best.” —PUBLISHERS WEEKLY (STARRED REVIEW) When Molly, home alone with her two young children, hears footsteps in the living room, she tries to convince herself it’s the sleep deprivation. She’s been hearing things these days. Startling at loud noises. Imagining the worst-case scenario. It’s what mothers do, she knows. But then the footsteps come again, and she catches a glimpse of movement. Suddenly Molly finds herself face-to-face with an intruder who knows far too much about her and her family. As she attempts to protect those she loves most, Molly must also acknowledge her own frailty. Molly slips down an existential rabbit hole where she must confront the dualities of motherhood: the ecstasy and the dread; the languor and the ferocity; the banality and the transcendence as the book hurtles toward a mind-bending conclusion. In *The Need*, Helen Phillips has created a subversive, speculative thriller that comes to life through blazing,

arresting prose and gorgeous, haunting imagery. Helen Phillips has been anointed as one of the most exciting fiction writers working today, and *The Need* is a glorious celebration of the bizarre and beautiful nature of our everyday lives.

[The Story Behind the U.S. Racial Wealth Divide](#) Cruciform Press

For any parent who's ever IM-ed their child to the dinner table - or yanked the modem from its socket in a show of primal parental rage - this account of one family's self-imposed exile from the Information Age will leave you ROFLing with recognition. But it will also challenge you to take stock of your own family connections, to create a media ecology that encourages kids - and parents - to thrive. When journalist and commentator Susan Maushart first decided to pull the plug on all electronic media at home, she realised her children would have sooner volunteered to go without food, water or hair products. At ages 14, 15 and 18, her daughters and son didn't use media. They inhabited media. Just exactly as fish inhabit a pond. Gracefully. Unblinkingly. And utterly without consciousness or curiosity as to how they got there. Susan's

experiment with her family was a major success and she found that having less to communicate with, her family is communicating more. At the simplest level, *The Winter of Our Disconnect* is the story of how one family survived six months of wandering through the desert, digitally speaking, and the lessons learned about themselves and technology along the way. At the same time, their story is a channel to a wider view - into the impact of new media on the lives of families, into the very heart of the meaning of home. *The Mask of Motherhood* How Becoming a Mother Changes Our Lives and Why We Never Talk About It

It was Susan Maushart's uberfeminist cousin Felicity who pointed out the sheer stupidity of writing a book about women and happiness. Happiness means different things to different women, Susan. Don't you get it? It's about women formulating their own definition of happiness. I get it, all right. What's not to get? Feminism has graciously set us free. What it has not done, unfortunately, is provide us with a map and compass. And that's the bitch. So what do you really want? More and better

sex? Less sex? A stellar career? True love, a big fat wedding, children? All of the above, or just the five minutes of peace and quiet you can get by locking yourself in the bathroom once a fortnight? This crucial book is a guide for the perplexed of both genders. It looks at the evidence on women's wellbeing from the obvious (we prefer sex to commuting) to the salutary (sleep solves more of life's problems than money does) via the poignant (becoming a mother will bolster your sense of meaning in life but shred your enjoyment of it).

**Motherhood Is a B#tch** Legacy Lit  
Featuring interviews with hundreds of moms and candid stories from author Claudine Wolk's own experiences as a mother, *It Gets Easier! . . . and Other Lies We Tell New Mothers* employs a healthy mix of humor, honesty, and insider strategies to give new and expecting moms a "leg up" on the challenging task of first-time motherhood. This fun, frank, and prescriptive guide strives to make motherhood easier by addressing issues such as: "The Talk" you need to have with your husband before you give birth; what you really need to know about labor and delivery; the importance of a baby

schedule (no matter what anyone else says); the 6 Baby Commandments that can foster good eating and sleeping habits; 5 new mom mantras that will help keep you sane; body image after giving birth; and how to keep housework to a minimum. Complete with resources for further exploration and a helpful glossary, this funny, irreverent book will help ease every new mother's frustrations by reminding them that they are not alone and providing tangible, easy-to-follow tips for parenting success.

How Mamas Love Their Babies Sounds True

Full-time FindingJoy.net blogger, speaker, marketer, podcaster, and single mom of seven, Rachel Marie Martin presents a rallying cry to anyone who believes the lie that she is "just a mom." Over the years, you willingly pour everything you have into your family, but in the process, you lose the essence of who you are. In her characteristic raw and visceral style, Rachel teaches you how to rewrite the pages of your story, follow your passion, and discover the beauty of who you are. Drawing on lessons from her own incredible journey--together with insight

from conversations with thousands of other women--Rachel encourages moms to break cycles, take off masks, and prevent fear from taking control. She balances her "no excuses" approach with breathing room and grace for those messy moments in life and mothering. Rachel reminds you there is always a reason to hope, to move forward, and to dare the impossible. You can make changes. You can pursue dreams, find yourself, and live a life of deep happiness and boundless joy. Stop waiting for "someday." Take hold of the moment, and say yes to your dreams.

*Why the Most Important Job in the World is Still the Least Valued* HMH

NEW YORK TIMES BESTSELLER

"Bittersweet, sexy, morally fraught." -The New York Times Book Review "Fantastic... a book that feels alive on the page." -The Washington Post From the New York-Times bestselling author of *The Vanishing Half*, the beloved novel about young love and a big secret in a small community. Set within a contemporary black community in Southern California, Brit Bennett's mesmerizing first novel is an emotionally perceptive story about community, love, and ambition. It begins with a secret. "All

good secrets have a taste before you tell them, and if we'd taken a moment to swish this one around our mouths, we might have noticed the sourness of an unripe secret, plucked too soon, stolen and passed around before its season." It is the last season of high school life for Nadia Turner, a rebellious, grief-stricken, seventeen-year-old beauty. Mourning her own mother's recent suicide, she takes up with the local pastor's son. Luke Sheppard is twenty-one, a former football star whose injury has reduced him to waiting tables at a diner. They are young; it's not serious. But the pregnancy that results from this teen romance—and the subsequent cover-up—will have an impact that goes far beyond their youth. As Nadia hides her secret from everyone, including Aubrey, her God-fearing best friend, the years move quickly. Soon, Nadia, Luke, and Aubrey are full-fledged adults and still living in debt to the choices they made that one seaside summer, caught in a love triangle they must carefully maneuver, and dogged by the constant, nagging question: What if they had chosen differently? The possibilities of the road not taken are a relentless haunt. In

entrancing, lyrical prose, *The Mothers* asks whether a "what if" can be more powerful than an experience itself. If, as time passes, we must always live in servitude to the decisions of our younger selves, to the communities that have parented us, and to the decisions we make that shape our lives forever.

[A Memoir](#) Simon and Schuster *Wifework* is a fiercely argued, in-depth look at the inequitable division of labor between husbands and wives. Bolstering her own personal experience as a twice-married mother of three with substantial research and broad statistical evidence, Susan Maushart explores the theoretical and evolutionary reasons behind marriage inequality. She forces us to consider why 50 per cent of marriages end in divorce, and why women are responsible for initiating three-quarters of them. If family life is worth saving, and Maushart passionately believes it is, the job description for wives will have to be rewritten. Susan Maushart was born in New York and has lived in Australia since 1985. Her first book, *Sort of a Place Like Home*, won a Festival Award for Literature at the Adelaide Festival in 1994, and her

second, *The Mask of Motherhood*, was published to international acclaim. She is a senior research associate at Curtin University, a columnist for the *Australian Magazine* and lives in Perth with her three children. 'An often funny dissection of modern marriage...100 percent honest. [A] smart and witty book.' -Publishers Weekly 'With good-humored aplomb, Maushart makes clear she doesn't think marriage or men are "rotten", but that "the way we typically divide up the business-and the pleasure, too-of our adult relationships is inefficient, maladaptive, and unfair.' -Bookpage 'Maushart assembles an overwhelming amount of data documenting how marriage has perpetuated inequities between husband and wife.' -Christian Science Monitor Daily 'Susan Maushart's heartfelt and incendiary *Wifework* is a brief against traditional marriage that took me back to the galvanizing effect of reading Friedan.' -Salon.com 'A wake-up call for women feeling trapped by marriage.' -Booklist [Becoming Mother](#) Flatiron Books Being a mom is HARD—don't let anyone tell you otherwise. The first few months (or let's be real, 18 years) after bringing a

new baby home can be tiring and messy. Mothers need encouragement, inspiration, and a good laugh. *You Got This, Mama!: From Boobs to Blowouts, a Survival Guide for New Mothers* is a visual guide to new motherhood with illustrated quotes, hilarious infographics, and encouraging thoughts to power new moms through another day. Real, honest, and beautifully designed, this is the guide for moms that we didn't know we needed.

*It Gets Easier! . . . And Other Lies We Tell New Mothers* Penguin

One woman's true story of raising a child born three months premature—"propulsive, startling, and vivid, like motherhood itself" (Meg Wolitzer, *New York Times*-bestselling author of *The Female Persuasion*). Vicki Forman gave birth to Evan and Ellie, weighing only one pound each, at twenty-three weeks' gestation. During the delivery she begged the doctors to "let her babies go"—knowing all too well that at their early stage of development they would likely die and, if they survived, would have a high risk of permanent disabilities. However, California law demanded resuscitation. Her daughter

died just four days later; her son survived and was indeed multiply disabled: blind, nonverbal, and dependent on a feeding tube. *This Lovely Life* tells, with brilliant intensity, of what became of the Forman family after the birth of the twins—the harrowing medical interventions and ethical considerations involving the sanctity of life and death. In the end, the long-delayed first steps of a five-year-old child will seem like the fist-pumping stuff of a triumph narrative. Forman's intelligent voice gives a sensitive, nuanced rendering of her guilt, her anger, and her eventual acceptance in this portrait of a mother's fierce love for her children.

"Intimate, compelling, and hopeful—an absolutely important book." —Rachel Simon, author of *Riding the Bus with My Sister*

*Being There* Farrar, Straus and Giroux  
A former *New York Times* reporter tackles the difficult issue of gender economic equality, confronting the financial penalties levied on motherhood. Reprint. 40,000 first printing.

**The Mothers** Createspace Independent Publishing Platform  
Hundreds of thousands of mothers have

felt happier and more confident with their babies in the first year because of Dr. Brazelton's now classic work, *Infants and Mothers*. In this revised edition, *Infants and Mothers* incorporate the work on neonatology. The pressures on working mothers, the difficult decision of when to return to work, and the excitement of nurturing fathers are all reflected in this guide. In addition, the findings of Dr. Brazelton and his associates on the amazing strengths and abilities of newborn babies are included. NOTE: This edition does not include photographs.  
*The Mask of Motherhood* Seal Press  
"[Prepon] returns to the written word with this heartfelt, honest look at motherhood, styled as both informative guidebook and raw memoir." —*Entertainment Weekly*  
When actor, director, and author Laura Prepon first became a mother, she felt raw, full of stress, and blindsided. She sought out resources to help navigate this huge life transition, but only found books about childcare with almost nothing on the shelves about momcare. So, Laura decided to write the book she was looking for. *You and I, as Mothers: A Raw and Honest Guide to Motherhood* is part memoir, part

handbook, as Laura digs into her own unconventional upbringing and investigates how it shaped her as a person and as a mother, with intimate stories and never-before-shared anecdotes brought forth in an effort to understand our collective experience as mothers. The book is packed with practical tips for moms of any age, at any stage of motherhood, such as stress reduction techniques, self-care, protecting one's partnership, asking for help, and getting a global perspective on maternity. Also included are easy and delicious recipes, from ideas for kids-friendly food, to romantic dinner dates, and batch-cooking favorites that will help any parent feed their family. Unfiltered, honest, and insightful, Laura encourages the reader to acknowledge their challenges, embrace their strengths, and celebrate their victories as we navigate the greatest adventure of all: motherhood. "Every mother, partner, and friend can benefit from the evocative and hard-earned wisdom within these pages." —Mila Kunis "A powerful multi-hyphenate manifesto examining the most important and often overlooked realities of modern

motherhood, written with wit, extraordinary grace, and real guts."

—Amber Tamblyn

**Discovering the Lost Virtue** Simon and Schuster

Becoming a mother is filled with the extremes of emotion --the highest highs and the lowest lows. But women are often reluctant to talk honestly about the experience for fear they'll be seen as bad mothers. With wit and candor, *The Mask of Motherhood* takes on the myths and the misinformation, helping women to prepare and deal with the depth of feeling that comes with the experience and perhaps most important, it lets them know that many, if not most, new mothers are feeling the same way. Susan Maushart, sociologist and mother of three, explores how motherhood affects our marriages and friendships, our relationships with parents, our sex lives, and our self-esteem. In *The Mask of Motherhood*, mothers will find the comfort and reassurance they are looking for, and confirmation that, indeed, motherhood is the toughest job in the world, but can also be the most rewarding.

*Maternal Theory* AMACOM

A powerful look at the importance of a mother's presence in the first years of life \*\*Featured in *The Wall Street Journal*, and seen on *Good Morning America*, *Fox & Friends*, and *CBS New York*\*\* In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, *Being There* explains:

- How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home
- How to ease transitions to

minimize stress for your baby or toddler • How to select and train quality childcare • What's true and false about widely held beliefs like "I'm not good with babies" and "I'll make up for it when he's older" • How to recognize and combat feelings of postpartum depression or boredom • Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

#### *Slay Like a Mother* Penguin

Theory on mothers, mothering and motherhood has emerged as a distinct body of knowledge within Motherhood Studies and Feminist Theory more generally. This collection, The Second Edition of *Maternal Theory: Essential Readings* introduces readers to this rich and diverse tradition of maternal theory. Composed of 60 chapters the 2nd edition includes two sections: the first with the classic texts by Adrienne Rich, Nancy Chodorow, Sara Ruddick, Alice Walker,

Barbara Katz Rothman, bell hooks, Sharon Hays, Patricia Hill-Collins, Audre Lorde, Daphne de Marneffe, Judith Warner, Patrice diQinizio, Susan Maushart, and many more. The second section includes thirty new chapters on vital and new topics including Trans Parenting, Non-Binary Parenting, Queer Mothering, Matricentric Feminism, Normative Motherhood, Maternal Subjectivity, Maternal Narratology, Maternal Ambivalence, Maternal Regret, Monstrous Mothers, The Migrant Maternal, Reproductive Justice, Feminist Mothering, Feminist Fathering, Indigenous Mothering, The Digital Maternal, The Opt-Out Revolution, Black Motherhoods, Motherlines, The Motherhood Memoir, Pandemic Mothering, and many more. *Maternal Theory* is essential reading for anyone interested in motherhood as experience, ideology, and identity. *Differences in Development* HarperCollins Lamenting the stress-inducing pressure that modern society places on young women to be sexually active, the author calls for a renewed respect for women's privacy and their desire to take intimacy seriously.

#### *You Got This, Mama!* Feminist Press at CUNY

Although acceptance of difference is on the rise in America, it's the rare gay or lesbian person who has not been demeaned because of his or her sexual orientation, and this experience usually starts at home, among family members. Whether they are excluded from family love and approval, expected to accept second-class status for life, ignored by mainstream arts and entertainment, or abandoned when intervention would make all the difference, gay people are routinely subjected to forms of psychological and physical abuse unknown to many straight Americans. "Familial homophobia," as prizewinning writer and professor Sarah Schulman calls it, is a phenomenon that until now has not had a name but that is very much a part of life for the LGBT community. In the same way that Susan Brownmiller's *Against Our Will* transformed our understanding of rape by moving the stigma from the victim to the perpetrator, Schulman's *Ties That Bind* calls on us to recognize familial homophobia. She invites us to understand it not as a personal problem but a



widespread cultural crisis. She challenges us to take up our responsibilities to intervene without violating families, community, and the state. With devastating examples, Schulman clarifies how abusive treatment of homosexuals at home enables abusive treatment of homosexuals in other relationships as well as in society at large. Ambitious, original, and deeply important, Schulman's book draws on her own experiences, her research, and her activism to probe this complex issue—still very much with us at the start of the twenty-first century—and to articulate a vision for a more accepting world.

*The Mask of Motherhood* Henry Holt and Company

"Slay Like a Mother is a feisty, clever, and fun blueprint for modern motherhood that belongs on every book shelf and in every diaper bag...As a woman and mother, you'll gain a newfound power, happiness, and ability to leap tall Lego buildings in a single bound."—Erin Falconer, author of *How To Get Sh\*t Done: Why Women Need to Stop Doing Everything So They Can Achieve Anything* A revelatory, inspirational guide for mothers to crush

their "never enough" mentality and slay every day! Katherine Wintsch knows firsthand the self-doubt that rages inside modern moms. As founder and CEO of The Mom Complex, she has studied the passions and pain points of moms worldwide to help some of the largest brands develop innovative new products and services. As a working mom of two, she was running in an exhausting cycle of "never enough"—not strong enough, not thin enough, not patient enough, not "mom" enough. In *Slay Like a Mother*, you'll laugh, you'll cry, and you'll discover eye-opening lessons about: THE MASK YOU'RE WEARING. The one you hide behind when you say everything is "just fine" when it's not. YOUR UNREALISTIC EXPECTATIONS. The goal-setting tactics you're deploying to get ahead could be what's holding you back. THE DIFFERENCE BETWEEN STRUGGLING AND SUFFERING. Being a mother is a struggle — it always has been — but your suffering is optional. Brave, supportive, and insightful, the stories and advice in this book will encourage you to live more confidently, enjoy the present, and become your best self — as a woman, a mother, and beyond.

Perfect for fans of *Girl Wash Your Face* and *#IMomSoHard!* \*\*\*As featured in *The Wall Street Journal* and *Parade.com*\*\*\*

Additional Praise for *Slay Like a Mother*: "Wintsch's style is brisk and forthright with enough humor to make readers laugh even as she illuminates dark corners. Although this is aimed at moms, any woman will find this enlightening and encouraging."—Booklist, STARRED review "Slay Like a Mother is much more than a self-help book for women; it is the end of self-doubt and the beginning of self-love... and that is nothing short of life-changing"—Rachel Macy Stafford, *New York Times* bestselling author of *Hands Free Mama*

### **Crossing the River**

ReadHowYouWant.com

An intrepid voyage out to the frontiers of the latest thinking about love, language, and family Maggie Nelson's *The Argonauts* is a genre-bending memoir, a work of "autotheory" offering fresh, fierce, and timely thinking about desire, identity, and the limitations and possibilities of love and language. It binds an account of Nelson's relationship with her partner and a journey to and through a pregnancy to a rigorous

exploration of sexuality, gender, and "family." An insistence on radical individual freedom and the value of caretaking becomes the rallying cry for this thoughtful, unabashed, uncompromising book.

Forget "Having It All" Bloomsbury Publishing USA

"Tubbs' connection to these women is palpable on the page — as both a mother and a scholar of the impact Black motherhood has had on America. Through Tubbs' writing, Berdis, Alberta, and Louise's stories sing. Theirs is a history forgotten that begs to be told, and Tubbs tells it brilliantly." — Ibram X. Kendi, #1 New York Times bestselling author of *How to Be an Antiracist* and National Book Award winner *Stamped from the Beginning*. Much has been written about Berdis Baldwin's son James, about Alberta King's son Martin Luther, and Louise Little's son Malcolm. But virtually nothing has been said about the extraordinary women who raised them. In her groundbreaking and essential debut *The Three Mothers*,

scholar Anna Malaika Tubbs celebrates Black motherhood by telling the story of the three women who raised and shaped some of America's most pivotal heroes. A New York Times Bestsellers Editors' Choice An Amazon Editor's Pick for February Amazon's Best Biographies and Memoirs of 2021 One of theSkimm's "16 Essential Books to Read This Black History Month" One of Fortune Magazine's "21 Books to Look Forward to in 2021!" One of Badass Women's Bookclub picks for "Badass Books We Can't Wait to Read in 2021!" One of Working Mother Magazine's "21 Best Books of 2021 for Working Moms" One of Ms. Magazine's "Most Anticipated Reads for the Rest of Us 2021" One of Bustle's "11 Nonfiction Books To Read For Black History Month — All Written By Women" One of SheReads.com's "Most anticipated nonfiction books of 2021" Berdis Baldwin, Alberta King, and Louise Little were all born at the beginning of the 20th century and forced to contend with the prejudices of Jim Crow as Black women. These three extraordinary women

passed their knowledge to their children with the hope of helping them to survive in a society that would deny their humanity from the very beginning—from Louise teaching her children about their activist roots, to Berdis encouraging James to express himself through writing, to Alberta basing all of her lessons in faith and social justice. These women used their strength and motherhood to push their children toward greatness, all with a conviction that every human being deserves dignity and respect despite the rampant discrimination they faced. These three mothers taught resistance and a fundamental belief in the worth of Black people to their sons, even when these beliefs flew in the face of America's racist practices and led to ramifications for all three families' safety. The fight for equal justice and dignity came above all else for the three mothers. These women, their similarities and differences, as individuals and as mothers, represent a piece of history left untold and a celebration of Black motherhood long overdue.

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