

# Abbey

## FATICA

*Writer*



## ABOUT ME

Writing is my jam! Most of my content comes from my four wonderful kids, working on home projects with my hubby and self-care.

A born and raised Buckeye who is at her happiest with a book in one hand and pen and paper in the other!

I'm all about being present and living in the moment. Sugar coating something to make it sound better is not something you will get from me.

I'm going to give to you real, raw and authentic with some humor sprinkled in. I love sharing about life experiences and how they can relate to the topics I'm discussing.

## AS SEEN IN:



*The Sydney Morning Herald*



*The Columbus Dispatch*

*Los Angeles Times*



## *Topics I Cover*

## ABBEY'S PICKS

- Parenting
- Social Media
- Self- Care
- Health
- Unplugging
- Meditation
- Minimalism
- Personal Growth
- Life Lessons
- Home Renovation
- Marriage
- Relationships
- Spirituality
- Nutrition
- All Natural Living
- Education

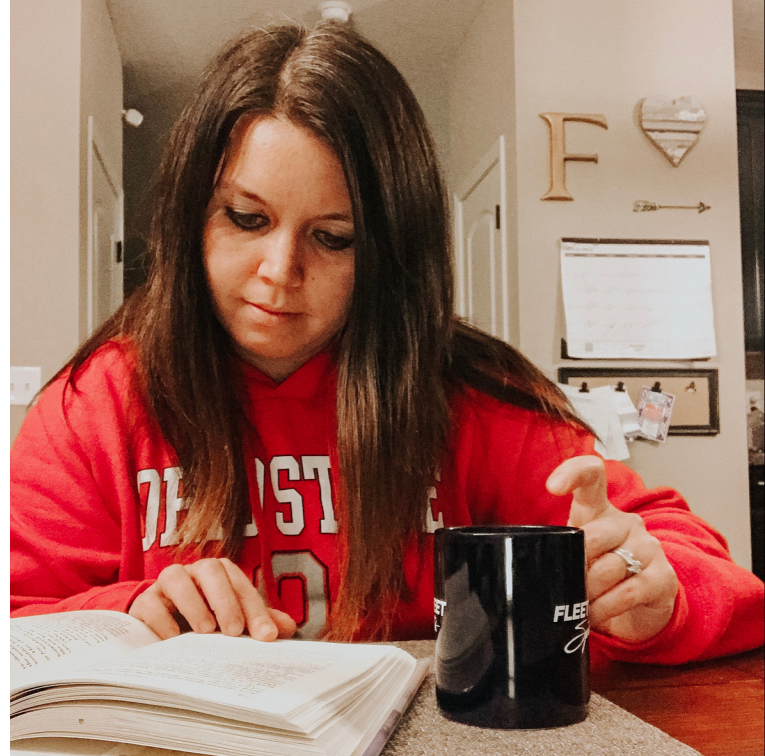
# THE BLOG

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I started blogging back in 2007 when I got pregnant with our first child. The first website was built on a simple blogger.com platform and continued to grow, resulting in several different self-hosted sites.

Over the years, I've blogged on topics from pregnancy, child birth, parenting, marketing, business, social media, home renovation, personal growth and more.

New posts are written everyday of the week, where I give a behind the scenes look into our life. On top of my daily blog, I write more in depth posts covering the topics listed above on Medium.



# THE BOOKS

AVAILABLE ON AMAZON



Coming Soon

*Let's Collaborate*

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# HOW TO PARTNER WITH ABBEY

All projects and collaborations are on a first come, first serve basis. To see if we will be a good fit together, please email [hello@abbeyfatica.com](mailto:hello@abbeyfatica.com)

Please allow 24 hours for a reply. I'm so excited to team up with you and work together to make great things happen!

[HELLO@ABBEYFATICA.COM](mailto:HELLO@ABBEYFATICA.COM)

[WWW.ABBEYFATICA.COM](http://WWW.ABBEYFATICA.COM)