

“No Sweats”

A local mom authors a life advice book



Former New Yorker, Jen Ross, has written a brand new book called *Don't Wear Sweats, Or Your Husband Will Leave You*. Due out this summer, it's billed as a funny, tongue-in-cheek look at motherhood, marriage and surviving suburban life.

“It's what you would want to sit down and talk to your friends about,” said Ross, 39, who along with husband Scott is raising Ben, 12, Jack, 9 and Julia, 8.

The book takes on everything from aging and children, to the meaning of life and dealing with your spouse. Ross says while men and women have different roles in a relationship, it is important that both show appreciation for each other and keep the lines of communication open. She says that even through life's ups, downs and petty annoyances, couples have to keep an eye on the bigger picture of making a relationship work.

“Marriage is not all fun and games. You have to put in, and then you'll get more out,” said Ross.

In one of her chapters on aging, Ross delves into the uncomfortable feeling of knowing you are about to turn 40, when inside you feel more like a 20 year old. Her advice? Beating back the clock as best you can, while still embracing where you are in life.

“I talk about working out, taking care of your skin, and trying to maintain a youthful appearance without the unrealistic expectation that you are going to look 20. You are never going to look 20 again,” she said.

The book is a major career change for Ross, a former NYC entertainment lawyer who moved to South Florida nine years ago. It was then she first noticed a woman wearing sweats every day, and it piqued her attention.

“I would think, ‘Why is she always in sweatpants? Why isn't she getting dressed in the morning?’” she said. To Ross, the outfit brought to mind a laziness not only about a wardrobe, but also life in general.

Don't Wear Sweats, Or Your Husband Will Leave You is designed to send the message that everyone needs to put effort into whatever they are doing with their lives, whether they are busy professionals or stay-at-home moms.

And yes, Ross knows the title may raise a few eyebrows. She says it's meant to amuse, while reminding readers to keep an eye not just on their husbands, but all areas of their lives.

“I am wearing sweats right now, and I think my husband is still coming home for dinner. I used this title to grab people's attention. I don't take myself too seriously, and I hope my readers don't either,” she said.

Ross intends for the book to be non-judgmental, just a girlfriend's book to commiserate over everything, good and bad, that happens in life. Most of all, she wants to help women to understand that they all have control over the choices they make every day.

“I want them to laugh, learn a little something about themselves, and know that they are not alone in their thinking,” said Ross.

You can keep up with Jenn Ross at her blog, DontWearSweats.com.

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