



FOR IMMEDIATE RELEASE

GIVE MOM THE ULTIMATE LIFE HACK THIS MOTHER'S DAY

A Tone Networks Subscription Helps Navigate Life's Personal and Professional Challenges

NEW YORK (May 1, 2018) – As Mother's Day approaches, skip the traditional flowers and focus on gifts with longer lasting impact. There's nothing Mom will appreciate more than a subscription to [TONE Networks](#), a video and social network for women, that she can use year-round, on demand, to navigate life's challenges. Just think, for just \$39.99, less than a dozen roses delivered, you can help her conquer procrastination, eat healthier, resolve relationship issues and boost mental fitness.

Launched in late 2017, TONE Networks delivers real advice from real experts in real time, via short videos, helping busy women grow personally and professionally. The content is personalized, easy-to-digest and can be consumed in minutes.

"Tone is the ultimate life hack for women of all ages," said TONE CEO and Founder, Gemma Toner. "We're not talking about how to fold a fitted sheet," she joked. Our network of female experts and peers helps tackle tough topics such as working mom guilt, managing stress and saying no to negativity."

Each month, TONE features a weekly moderated TONE Talk and monthly TONE Live event for members only.

A timely gift subscription for Mother's Day means Mom can tune into the May TONE Live event on Wednesday, May 16 at 9 PM EST featuring TONE's newest expert, Nancy Rothstein "The Sleep Ambassador." Nancy will discuss sleep's impact on all aspects of your life, work and well-being.

Since May is also Mental Health Month, TONE Talk topics, also at 9PM EST, include:

- May 1: How Social Media Affects Your Mental Health
- May 8: Self Care vs. Self Sacrifice: Because Being a Mom is Hard Work
- May 15: Trick Your Mind into Feeling Happy: Achieving a More Positive Frame of Mind
- May 22: Breaking Up With Your Squad: Clearing Our Negative Relationships
- May 29: ??

"For the Mom who has everything but time, whether it's your own, a neighbor, sister or employee, TONE is a new kind of 'me time' she will thank you for all year long," says Toner.

To give your gift of TONE or explore it for yourself, visit www.tonenetworks.com and look for the gift box icon in the top left corner.

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