

## **The Nurture Method by Heather Roberts Hits #1 Bestseller Status on Barnes & Noble**

A groundbreaking guide for parent-entrepreneurs proves that success in business and family can coexist



**Charlotte, North Carolina Jun 11, 2026 (IssueWire.com)** - Entrepreneur, author, and business strategist **Heather Roberts** has officially achieved **#1 Bestseller status on Barnes & Noble** with her newly released book, *The Nurture Method: The Real Life Guide to Raising Your Business and Family*.

In a marketplace flooded with hustle culture and one-size-fits-all business advice, *The Nurture Method* offers a refreshing and deeply practical alternative for entrepreneurs who want to grow thriving businesses without sacrificing their families, health, or personal fulfillment.

Drawing from more than two decades of entrepreneurial experience, Heather Roberts introduces a motherhood-inspired framework for building sustainable businesses through seasons of growth. The book helps parent-entrepreneurs understand how to align their business strategies with the realities of life, leadership, and evolving priorities.

“Businesses grow the same way families do—through seasons, not straight lines,” says Roberts. “I wrote this book to help entrepreneurs stop forcing growth that no longer fits and start building businesses that truly support the lives they want.”

Through relatable stories and actionable guidance, readers learn how to:

- Build systems that create freedom and reduce overwhelm
- Set boundaries that protect time and energy
- Transition from constant hustle into intentional leadership
- Scale businesses sustainably without burnout
- Create a business model that evolves alongside family life

Heather Roberts is the co-founder of **RSG Sales**, a consulting agency that has helped brands generate tens of millions in online marketplace revenue. Over the years, she has built and exited businesses, scaled a seven-figure company, and raised a family—all while redefining what success can look like for modern entrepreneurs.

Today, Heather works only a few hours each week inside her business thanks to the systems and leadership structures she now teaches others to implement. Through her writing, coaching, and speaking, she empowers founders to create time-rich businesses that support real life—not compete with it.

The rapid success of *The Nurture Method* reflects a growing movement among entrepreneurs seeking a more balanced, sustainable approach to business ownership and leadership.

***The Nurture Method: The Real Life Guide to Raising Your Business and Family* is now available on Barnes & Noble. Learn more and order your copy**

**here:** <https://www.barnesandnoble.com/w/the-nurture-method-heather-roberts/1149899363?ean=9798895762035>

Heather Roberts

# THE NURTURE METHOD

THE REAL LIFE GUIDE TO  
RAISING YOUR  
BUSINESS & FAMILY

## **Media Contact**

Heather Roberts

\*\*\*\*\*@rsgsales.com

Source : Heather Roberts

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