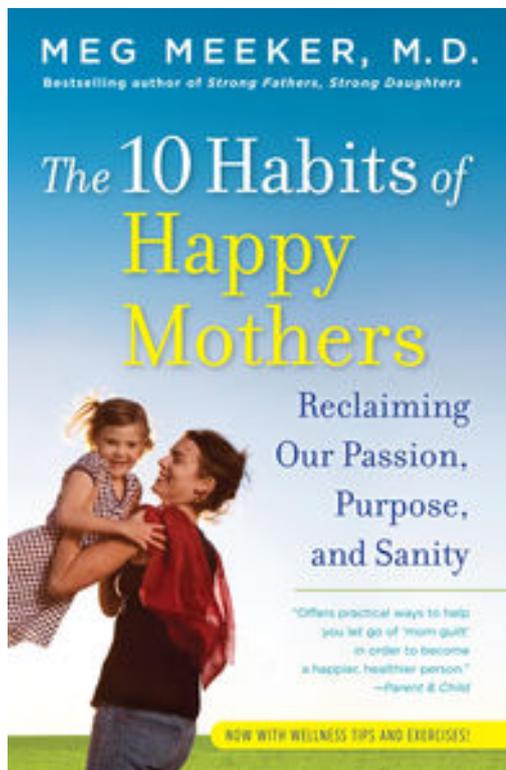


The 10 Habits Of Happy Mothers - Meg Meeker Read Ebooks [EN] PDF, EPub, Mobi



The 10 Habits of Happy Mothers Meg Meeker Read ebooks [EN] PDF, ePub, Mobi, This sanity-saving guide “offers practical ways to help you let go of ‘mom guilt’ in order to become a happier, healthier woman” (Parent & Child).

Now with wellness tips and exercises!

The pressure on women today has pushed many American mothers to the breaking point. It feels as if “doing your best” is never enough to please everyone, and the demands mothers place on themselves are both impossible and unrealistic. Now Meg Meeker, M.D., critically acclaimed author of *Strong Fathers, Strong Daughters*, puts her twenty-five years’ experience as a practicing pediatrician and counselor into a sound, sane approach to reshaping the frustrating, exhausting lives of so many moms.

Mothers are expected to do it all: raise superstar kids, look great, make good salaries, volunteer for everything, run errands, keep a perfect house, be the perfect wife. Single mothers often have even more demands—and less support. In this rallying cry for change, Dr. Meeker incorporates clinical data and her own experience raising four children to show why mothers suffer from the rising pressure to excel and the toll it takes on their emotional, physical, mental, and spiritual health. Too many mothers are increasingly lonely, anxious, depressed, and unhappy with themselves, refusing to let themselves off the hook. Here, Dr. Meeker has identified the 10 most positive habits of mothers who are healthy, happy, and fulfilled. The key is to embrace a new perspective and create real joy and purpose by utilizing such core habits as

- making friends with those who know the meaning of friendship
- finding out what money can buy (and what it cannot)
- lightening the overload—and doing less more often
- discovering faith and learning how to trust it
- taking some alone time and reviving yourself

Mothers, it’s time to view the unconditional trust that you see in your children’s eyes when they take your hand or find your face in a crowd as a mirror of your own wonder and worth. You are the light that shines in their lives, the beacon that guides them. By implementing the key strategies in Dr. Meeker’s book, you can be happy, hopeful, and a wonderful role model. You can teach your children to be the very best they can be—and isn’t that still the most precious reward of motherhood?

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