

MEG MEEKER, M.D.

Bestselling author of *Strong Fathers, Strong Daughters*

The 10 Habits of Happy Mothers

Reclaiming
Our Passion,
Purpose,
and Sanity



"Offers practical ways to help
you let go of 'mom guilt'
in order to become
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—*Parent & Child*

NOW WITH WELLNESS TIPS AND EXERCISES!

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This sanity-saving guide “offers practical methods to help you let go of ‘mom guilt’ in order to become a happier, healthier woman”, critically acclaimed writer of doing your top” Meeker’The pressure on women today has pushed many American mothers to the breaking point. taking some alone time and reviving yourself Child). is never more than enough to please everyone, and the demands mothers put on themselves are both impossible and unrealistic. You are the light that shines in their lives, the beacon that guides them. Meeker has identified the 10 most positive habits of mothers who are healthy, content, and fulfilled. (Parent & places her twenty-five years’ The key is to embrace a fresh perspective and create genuine joy and purpose by utilizing such core practices as finding out what money can buy (and what it cannot)• Single mothers frequently have even more needs—t that still the most precious prize of motherhood? In this rallying cry for change, Dr. Meeker incorporates clinical data and her very own experience raising four kids showing why mothers suffer from the increasing pressure to excel and the toll it requires on their emotional, physical, mental, and spiritual health. Way too many mothers are more and more lonely, anxious, depressed, and unhappy with themselves, refusing to allow themselves off the hook. discovering faith and learning how exactly to trust it•D. knowledge as a practicing pediatrician and counselor into a sound, sane approach to reshaping the annoying, exhausting lives of so many moms.Strong Fathers, Strong Daughters, • acquiring buddies with those who know this is of friendship•Mothers are anticipated to do it all: raise superstar kids, look great, make good salaries, volunteer for everything, run errands, keep an ideal house, be the perfect wife. lightening the overload—and doing less more often• Here, Dr. It feels as though “Mothers, it’s time to see the unconditional trust that you discover in your children’ By applying the key strategies in Dr. Right now Meg Meeker, M.s eyes if they take your hand or find your face in a crowd as a mirror of your wonder and worth.Right now with wellness tips and exercises!s book, you can be happy, hopeful, and an excellent part model. You can teach your kids to be the most effective they can become—and isn’t and less support.



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