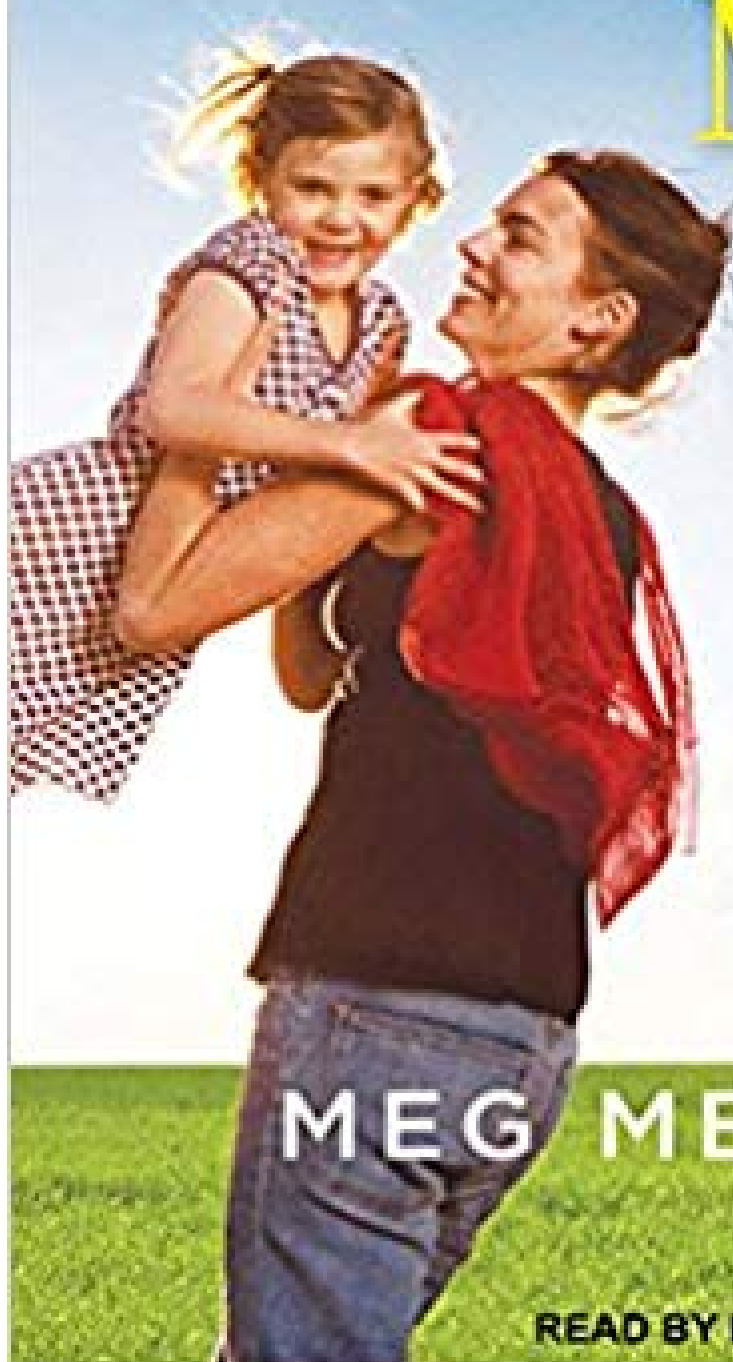


The 10 Habits of Happy Mothers



Reclaiming Our Passion,
Purpose, and Sanity

*Bestselling author of
Strong Fathers, Strong Daughters*

MEG MEEKER, M.D.

READ BY KAREN WHITE

Meg Meeker M.D. and

The 10 Habits of Happy Mothers: Reclaiming Our Passion, Purpose, and Sanity



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Friendship. Simplicity. Fear. Solitude. Faith. Value. Cash. Love. Hope. Purpose. Dr. Using inspirational tales and specific action plans, Dr. The Ten Habits of Happy Mothers will show ladies how to reduce loneliness, stress and anxiety, depressive disorder, and low self-esteem by inspiring ladies to embrace more positive emotions and behaviors. Meg Meeker has seen mothers have a problem with these ten problems for the past twenty-five years, and she has also learned how exactly to help them live much less stressful, happier, more fulfilling lives. Meeker displays mothers how to live more basically, spend time in solitude, understand their value as mothers, embrace healthy friendships, confront their fears, seek wish, find their spiritual center, reconcile their romantic relationships with money, and figure out how to live boldly and deliberately.



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Happy Momma! Remember you are valuable. Actually hits you from the first chapter, reminding us just how valuable we are. Helped understand my joy in motherhood. Loved her 10 ways to find joy. I am a more intentional, purposeful, and happy mother because of it. Haven't read the whole thing however cuz, ya know, I have kids. Love this book! Such an excellent easy read. I am currently pregnant with my second son and have a four calendar year old in the home. This book could be picked up and started without dropping any ground between working and home life. Wonderful tips on how to simplify your thoughts and life to make contact with you as a person and a mother. I just have a few minutes right here and there and this is something that I could enjoy. I am thrilled to read her additional books and take a moment or two to spotlight me. I still learned a few things, not just helping me to be a better mom, but an improved friend, as well. It has given me some good ideas to build on and how to become more positive in life. This was perfect for me! Meg. She will a great job of making her knowledge available and easy to digest, while still becoming profound and applicable. :) Bought for myself. Would definitely buy again. I possibly could also quickly observe re-reading it when things feel off-kilter. I'd certainly recommend this to friends. so far an excellent book. Five Stars Use daily in my own counseling practice! Five Stars Easy to read, understands mothers and touches your heart Good reminders This book is most beneficial read when children are small. My 6 kids range from 23-6 yrs. If you can make it through all her chapters and get something from it, more power to you. Love it and am so happy with this purchase. Moms looking for answers, look elsewhere This is written as you mother's opinion on the world of parenting. Great advice but a whole lot of it God based It would have already been exactly what I wanted, except there was a lot about faith and God. I'm not particularly religious, so I found this irritating. I am recommending this publication to my uber spiritual best mother friend though. Excellent book! I recommend this publication to every single mother : young, old, sad or happy! Great motivation I really enjoyed this book and lots of topics hit home for me. Very useful.. Personally i think like I knew some of these or do them, but didn't understand how essential they are until I read this reserve. I experienced like there was some repetition in burning her 10 methods and would just skip past some of it, but general I am actually grateful that I read this publication. Changed me as a mother.. Another great book by Dr. Another great book simply by Dr. This book was just what I need. I need to read it many times actually. It seems the writer and I have a few of the same tendencies. Worthy of the read. Would not have guessed she is a doctor. older, a lot of the advice is practical, but it's good to view it down in writing. I love Dr. Excellent reminders for occupied and stressed moms. Meeker's books, which one is certainly no exception. Her advice is practical and the stories she tells of her individuals and their moms are engaging and inspiring.



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