

"Burton's instructional guide to self-care for mothers is full of tips and techniques, and long on understanding and empathy."

—Publishers Weekly

A MODERN MOTHER'S MUST-HAVE GUIDE
TO HEALTH AND WELL-BEING

The Self-Care Solution

JULIE BURTON

Julie Burton

The Self-Care Solution: A Modern Mother's Must-Have Guide to Health and Well-Being



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Each chapter also contains reflective self-assessment questions for mothers to gauge where they're from a self-treatment standpoint, and also lists of tried and true tools they can employ to accomplish more balance, and eventually more satisfaction, within themselves and in their relationships. Here, mothers reveal their struggles with self-care, and the consequences of neglecting themselves and their interactions, and share successful strategies to combat these issues. Combining the thoughtful and professional narrative of a veteran mother of four children with the voices of hundreds of moms she surveyed, *The Self-Care Solution* provides insightful answers to poignant questions about how mothers care for themselves, their romantic relationships, and their jobs whilst raising their children? and how they will don't. Inspirational yet practical, *The Self-Care Alternative* will dramatically impact females who are navigating the critical responsibility of motherhood while wanting to stay accurate to themselves.



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An Honest, Encouraging Look at Motherhood Each night before bed, I am reading Julie Burton's superb book one chapter at the same time (a source of joy and self-care I'm sure she'd recommend!), and every night I myself turning off the light thinking, "Many thanks. Many thanks." In *The Self-Care Answer*, Ms. Burton, Even as an individual father, I found some great guidance, helpful tips and much-needed validation. Why is this book so meaningful and an easy task to relate to may be the fact that the writer has personal knowledge with some extremely challenging experiences in life, in her adolescence, early adulthood, relationship and in parenting 4 kids. Even better? I expected useful solutions for motherhood. validated, reassured, lifted up. I'm already looking for ways to be more present, to acknowledge my own happiness, to create myself a priority in my daily life. No-one else cares for our households like we perform and Ms. Burton's reserve is a convincing argument for moms to focus a few of that self-treatment on ourselves! Google "self look after mothers" and save yourself money and time with that effort rather than buying this book. "*The Self-Care Answer*" is relatable, informative, and humorous. It's filled up with personal experiences and gives a practical instruction for practicing self treatment. Burton flawlessly illustrates the importance of balancing self care and sacrifice. She stresses the importance of staying true to ones personal. Burton writes, "Another essential requirement of creating healthy emotional boundaries is making certain to secure your personal identification, and allowing your kids to see you for who you are".. Your next baby shower gift Look no further meant for your following baby shower celebration gift. New moms have to be not merely encouraged but also ready to take good care of themselves - just how many of us understood how hard that could actually be? Even simply keeping this publication on your nightstand is definitely a daily reminder to advocate for yourself. Inside you'll find not just the author's terms but also that of hundreds (thousands?) of women who wrote to her, telling their tales, pointing out not only their problems but also their solutions. I suggest keeping a duplicate in your purse so that you can hand it compared to that poor female at Target who appears like she'd like to sell her children at her next garage area sale. "I love my kids and today that they've grown into youthful . We hear her personal tale and she provides many concrete tips and solutions to try to add more self care to your lives.) There has not been one little bit of advice that hasn't been given in any normal women's magazine, random motherhood blog page, or conversation with additional mothers. How I wished I had this book when my children were younger.. This one takes the time to provide so many great suggestions. It would have been a significant reminder that it is not "about them." I really like my kids and today that they've grown into young adults, I can see how their own experiences, relationships and situations still have an enormous impact on my entire life. (Uncertain why this author, among others -- just like the Eliums, for example -- are gender-particular for parents or kids, but a lot of the content applies to moms and dads/sons and daughters). And I was searching for a book to offer as a gift to new moms but this book isn't a book I would give to a friend... Julie Burton pours her center into this reserve. *The Self-Care Solution* is normally honest, compelling and rewarding! Many thanks for reminding us mother's that it is okay. That everything will be just fine! In countless ways, it was like reading my very own story I'm not really a huge enthusiast of self-help books, but this one called to me. I am a mom of four young kids and find "self care" to be an elusive and vague concept and I was hoping this book would help clarify my very own thoughts, experience, and in addition offer solid info. In countless ways, it had been like reading my very own story. Julie, a mother of four, writes, "I feel my kids's emotions, and I undertake their issues as if they are my very own. Practical, Useful, Wise Solutions Julie Burton's book runs beyond the decision for moms to take better care of themselves. Gorgeous writing and useful solutions. Why is this book thus meaningful and easy to relate to may be the fact that the author .. As a mom of three and as a professional LCSW, I would highly recommend this reserve to any mother or expectant mother. From the first web pages, I felt connected to her and to other mothers I've never met. Thus giving the book so very much credibility. Burton addresses the shame and insecurities Personally i think -- and, clearly, many other people experience -- about not doing plenty of of the right things for our kids, our family members, or ourselves. She also openly discusses anxiety, despair, and isolation with techniques that are NOT depressing, but, instead, de-stigmatizing. The way this book is written, the stories, content, suggestions, and humor inside may be the equivalent of many hours of therapy or -- better still -- several good weekend getaways together with your best girlfriends! Even after just beginning "*The Self-Care Solution*", I heard the voices of the writer, Julie Burton, and the hundreds of ladies she surveyed who share personal tales whispering over my shoulder,

"It's ok, it is possible to handle this." Or, "Deposit your purse, the backpack, the mail, and the half-empty smoothie glass, go sit down outside in the sun." Or, even better, I elect to day, "I am going to go have a bath." Bullet factors in each chapter are great for quick bathroom- or car-reading. I struggle—I mean I must say I struggle, at a cellular level—to understand where I stop plus they begin, or where they stop and I start. She does not just explain the problem in general terms.. That's what made *The Self-Care Solution* stick out from various other books describing the issue of moms placing themselves last.. " Oh my gosh, she fingernails it with those lines and all throughout the book. Julie nails all the important self-care areas that help consider mothers from surviving to thriving. I came across it invaluable. . I would've been a far greater mother as well as a better version of myself. Highly recommend. This would also be a great gift for all those new moms in your life or types who are still in "survival" mode. Every mother must read this book! I purchased this book because of all of the 5 star evaluations. I felt more linked to myself; Breathe, pray, pay attention. I really was excited for this book! The author bravely shares her trip from very cheap in the self-care department to wholeness—coupled with real-life stories of other females she's interviewed and effective, practical, bite-sized suggestions for incorporating self-treatment into our everyday lives. I anticipated that sort of information with 5 star reviews and those evaluations are why I bought the book. They are waiting for the author's next publication. To be sure, not everything put on my situation, but no reserve of this type ever appears to. (I suspect the author is usually a blogger and she asked her viewers to review the book. I have no idea if she's a blogger or not so my review is unbiased by doing so.. This is the sort of book you will want to share with friends. Great read. I got this book hoping it could help me with time management, and it ended up giving me a lot more. This is an excellent, non-judgemental book that delivers encouragement, tips and anecdotal support. . Great advice to greatly help go from surviving to thriving! Great gifts for the women in your life with kids. Bought 3 books to provide as Christmas presents to family members with lots of kids. They loved the reserve so very much and found it really helpful. However the book didn't offer new info and I thought the style was rambling instead of offering concrete, fresh, and useful solutions. A great publication that will assist mom's understand they are not alone and find ways to nourish themselves and their lives. Do what you should do, but then step back and trust the procedure. She bravely reveals her personal struggles that brought her to a location where she knew to survive she experienced to find a way to deal with herself and bring stability into her existence. Her candid insights are easily relatable to anyone who is a mom and daily struggles to meet everyone's needs but her personal. This book offers great advice about how exactly to fight the instincts women have to take care of others and along the way losing themselves. Lots of great information here. Invaluable read for each and every mom I am a new mother, and a SAHM. An Actionable Book We Can ALL Benefit From By the time I completed reading the second chapter I knew I'd gift this uplifting reserve to my niece, the mother of an nearly two-year-old. And even though its intended market is moms, this well-articulated, solution-oriented, actionable guide is a beacon for anybody who would benefit from self-caution—and that's all of us! NOT ONLY For Moms. I wish We had had this reserve when I was a new mom. I valued Burton's honesty about her own tale as well. Every mom, regardless of the age of their children, should give this reserve a read. . Burton presents practical information alongside wrenching personal tales of her own encounters as a mom of four. Was skeptical about a quasi-parenting book compiled by a mother, but a pal recommended it, and this book was i'm all over this. My goals were high and experienced it received more realistic reviews I'd not give it a 1 star rating but Personally i think I owe it to potential readers to balance the scales a bit. This book, while SO good for mother's with small children, in addition has served as an excellent reminder to me that I am still, regardless of the years of offering myself to my kids, a learning, developing and powerful female who deserves to take some time for herself, especially when my adult kids have conditions that I cannot control. I acquired a lot out of the book even though I'm a dad. I loved that the reserve was not judgy, very practical and contained some common sense stuff that I just didn't think about. I also enjoyed the tone of it: none of the "you need to do things in this manner" approach. I undertake most of my daughter's requirements and began sweeping my very own under the rug.



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