

# FLEX MOM

THE SECRETS OF HAPPY STAY-AT-HOME MOMS



SARA BLANCHARD

Sara Blanchard

## Flex Mom: The Secrets of Happy Stay-at-Home Moms



[continue reading](#)



A must read for every "stay-at-home" mom!! Motherhood where a Mother takes time out to choose what she truly values, so that she can spend the little free time she has in an intentional way. Sara totally walks her chat and exemplifies her third style of parenthood. Nevertheless, I completely relate to this book. Many thanks, Sara, for putting all this information in one place! Nothing seemed too alluring for me. Flex Moms Rule! I recommend this book to any mothers, not just stay in the home moms. If you need to be the principal caregiver for your children while deliberately creating a path that fuels your passions, leaving you fulfilled and confident, this book is for you!! I REALLY LIKE this book I LOVE this publication, message and true to life tools Sara gives to thrive as a mom! As a mom of two, I have always found labels of stay-at-home and working mom extremely limiting and not inclusive of the multi-dimensional humans we are or the challenges we face on either path. Motherhood where the mother is completely participates in her family, but nonetheless maintains herself intact. To thrive as mothers and support one another, it's time to move from the limiting, either/or labels and towards an expansive both/and model for parenting. Reading Flex Mother is like sitting down with a close girlfriend who gets it and carefully reminds you it's ok to be Most of who you are and then shows you just how. If you're a mom of young children or likely to be and searching for a method to thrive as a mom, this reserve is for you! Jaime Myers, Founder of Shine Existence Design LLC A valuable resource for working moms too! When I first read about Sara's pedigree: Harvard graduate, business executive, I was sure I would be intimidated by a lot of theories, a lot of "to do's" and lots of materials geared for the high powered Type A FEMALE. One of the factors I didn't have children was because I never really saw a edition of motherhood I adored. Form Working Moms Too! Flex Mother gives me hope that I can't only survive, but also thrive, as I navigate these complicated waters.. Great read! Thank you Sara for creating a reserve that addresses the struggles that lots of folks face as mothers, and also women trying to find, adapt and maintain our sense of self and purpose. a wife and a mom of two wonderful small human beings when you are fully mindful and present . The book is a joy to read and I came across myself associated with Sara and her tales of her own life and those of females she knows and then totally engaged in the study behind how best to employ the strategies she discusses. Essentially, this can help you upgrade your parenting as well as your life! Flex Mom is an entertaining, practical and inspiring "how to" book that provides a pathway for women to totally embrace the many roles we undertake inside our society. Flex Mom gives us permission to seek true fulfillment in all regions of our life and to look beyond the normal societal framework of "mom" to a holistic and global description that's unique to every one of us. For me that means building upon my function as an attorney, a wife and a mother of two wonderful small human beings when you are fully mindful and present in each moment also to resist that continuous underlying urge to usually multitask! Many thanks Sara! A MUST READ for Working Moms As a traditionally classified "working mom" within my girl's formative years, this book reminds me how much space we've in us to both love our children (interest one) and fulfill our very own destinies (enthusiasm two). It doesn't have to be "either/or". It feels as though Sara Blanchard was in my own head when I was sorting through the "work" or "stay at home" confusion so most of us face. To learn such a well narrated substitute is freeing! The various tools and guidelines she outlines for moving from isolation to broader fulfillment are both sensible and actionable. So glad that moms out there today possess this book to supply insight, wisdom, & most importantly, an alternative! Must-read if you are a mom (or thinking about being one, or know one...)! This book is a must-read for those moms who have often found themselves limited by the dichotomy and mindset that is created around the idea of "working mom" or "stay-at-home mom." As a mom of two kids who remaining a full-time, stress

ridden job after her second was created, and discovered herself as your small business owner - while still attempting to navigate what parenthood and being truly a mom specifically meant - I wish that this book was around two years ago when I was in need of you to definitely help me navigate all of this uncharted, new-to-me territory. Sara will this, and more, by giving advice and programs that are easily implementable, while at exactly the same time managing to take action in a manner that inspires, rather than adds more stress to the already demanding job of determining motherhood. I'll be getting this publication as gifts for friends who are considering these same questions. Mothers either appeared frazzled, disengaged with existence outside diapers, resentful, or they just worked a full time job to move away from the crazies of family members. A fantastic read for all mothers! Flex Mom is a wonderful read for just about any mother looking to find a method to restore some balance into her life to pursue personal goals and passions even though remaining the primary caregiver on her behalf family. It provides an easy-to-follow overview of the steps involved in becoming a Flex Mom in a way that inspires change - while reading I instantly felt a combination of "I can do that!" and "I want to do this! She talks about achieving bigger goals as well, like writing a publication for instance, but I didn't leave from the book sense guilty, like I wasn't carrying out enough. I recommend this reserve to any mom who is struggling to gas her very own passions while concentrating on raising a family - it doesn't need to be "all or nothing at all" and Flex Mom teaches you a clear route towards making a positive transformation. Like looking in a mirror. It's a quick read. This book was written from the heart! She defines a new sort of Motherhood. This reserve is vital for any unfulfilled SAHM. Every mom should read this publication rather a stay at home mom or working mom! Idea provoking for all mothers! While reading this book I kept thinking, "Ah, I'm not alone...I'm not the only mom who did or said that. As a woman, you can get caught in the trap of earning sure everyone else's requirements are fulfilled before mine.." Being a parent can be fantastic and trying, and Sara's own experiences, ideas, and tools were incredibly helpful. Authentic, practical advice!. This is not a guidebook on how to be the best stay at home mom, but I consider it even more of a menu of options to try and help you become your best. Experienced I been introduced to this third model in early stages, I may have made different alternatives. I'm inspired to end up being better, at motherhood, my career and also at engaging my community. I discover that the struggles that Sara addresses in Flex Mom (concentrating on yourself and re-framing expectation and judgments and allowing ourselves to communicate, support each other and be present and find pleasure in motherhood) apply much more to my entire life as a full-period physician and mom than I thought they might when I started this book. Even while a part-time working mom, the message resonated with me at a time when I am desperate for a balance between my children, my work and my personal passions. Great! Inspirational book. Make me look within my life and profession and made me understand I've been chasing my tail, doing factors just to make money, but not stuff I'm passionate about. With little ones playing around, finding time to read can be a challenge, but I flew through the book. Full disclosure, We am not a stay-at-home mom. But then I was impressed by Sara's authentic and honest tone of voice! She could be any Mother out there; from the main one at the laundromat with a youngster on her behalf hip, to the main one at the office with a briefcase in one hands and a diaper bag in the other. The insurmountable guilt of "wanting everything" left me sense torn between self-fulfillment and the desire to improve my children. With compassion, humor and relatable stories, Sara presents an alternative perspective for moms to have their children important AND prioritize their personal interests, passions and needs. While I'm not a mom myself, I go through this reserve because someone I extremely respect and admire wrote

it. A Motherhood where she can rest and arranged "humble" goals and "feeling" goals so that each day can have triumph in it, actually if that triumph was taking a shower, eating three foods and having a clean kitchen by the end of your day." The author's writing is very clear and beautifully honest, filled up with relatable anecdotes from her own experience as a stay-at-home mom turned Flex Mom. I love how being truly a Flex Mom offers the option of meeting my own needs and following my passions aswell.! Flex Mom provides tips, tools, and techniques to very clear space in your daily life to pursue your personal passions and goals while continuing to prioritize your kids. I came across this book thus insightful. An excellent read for Mothers of any type, working or stay in the home! Looking towards putting flex-mom into actions! Inspiring! Many thanks for answering thus many questions I believed could not be answered. An extremely easy go through with great suggestions and inspiring ideas and several relatable stories of being a mother and wife. Many thanks so very much for the insight and suggestions and equipment to find wholeness again! So I chose fur-babies. Sara Blanchard did such a great work outlining a different method of parenting.. A wonderful read! This reserve was filled up with insight and useful tips and tools for being a stay in the home mom. Essential read for just about any stay in the home mom who feels as though she's losing her identification.



[continue reading](#)

download free Flex Mom: The Secrets of Happy Stay-at-Home Moms epub

download free Flex Mom: The Secrets of Happy Stay-at-Home Moms mobi

[download free Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger djvu](#)

[download Sparkle On: Women Aging in Gratitude epub](#)

[download free Into The Furnace: How a 135 mile run across Death Valley set my soul on fire mobi](#)