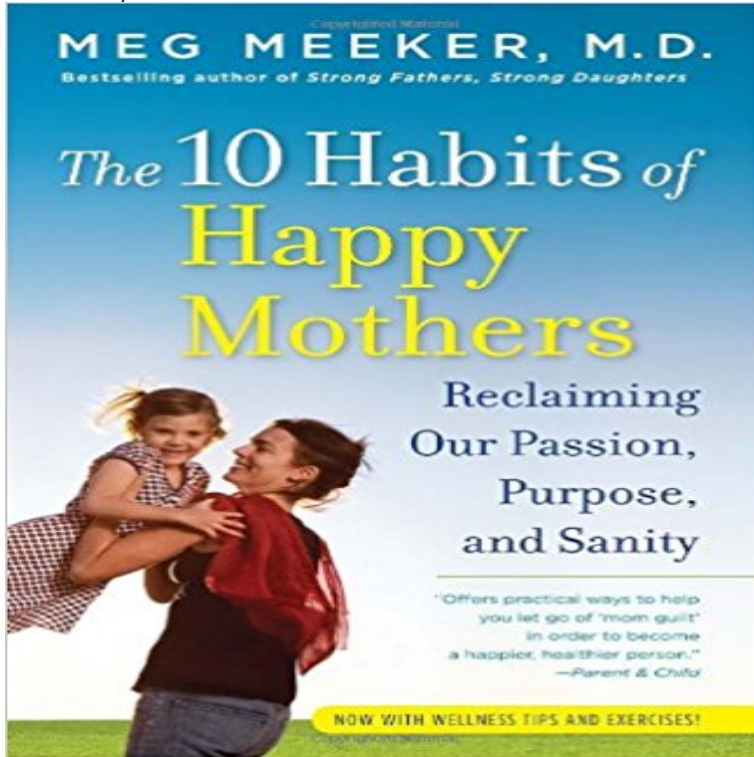


The 10 Habits of Happy Mothers: Reclaiming Our Passion, Purpose, and Sanity



Mothers are expected to do it all: raise superstar kids, look great, make good salaries, keep an immaculate house, be the perfect wife. In this rallying cry for change, Meg Meeker, M.D., uses her twenty-five years experience as a practicing pediatrician and counselor to show why mothers suffer from the rising pressure to excel and the toll it takes on their emotional, physical, mental, and spiritual health. Complete with an all-new tool kit of wellness tips and exercises, Dr. Meekers book reveals the 10 most positive and impactful habits of healthy, happy mothers, including 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 By implementing Dr. Meekers key strategies, you can be happy, hopeful, and can teach your children to be the best they can be and isnt that the most precious reward of motherhood? Now with wellness tips and exercises!

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