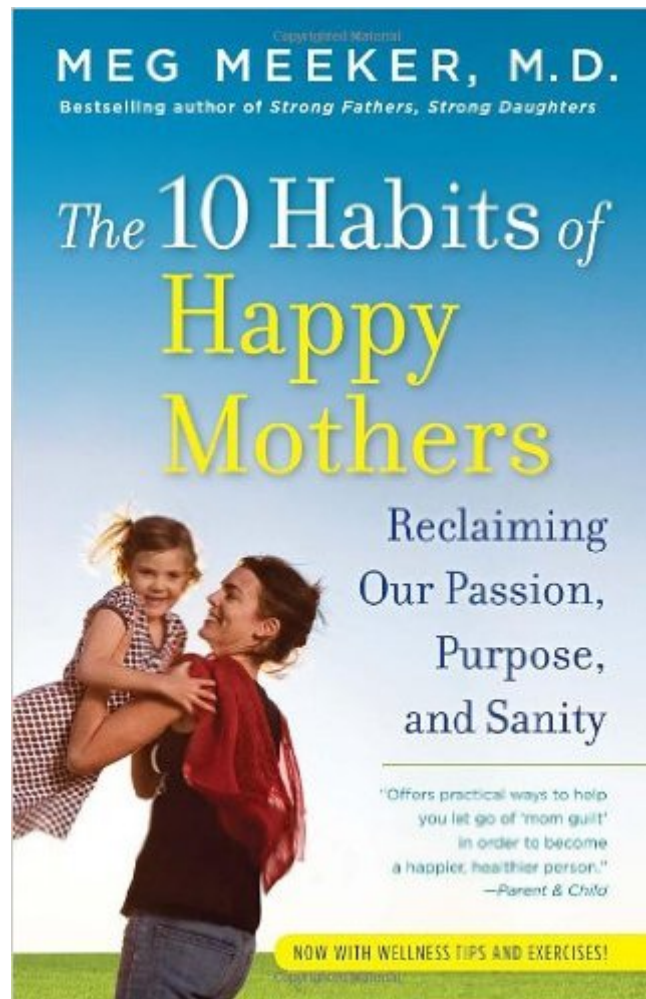


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# The 10 Habits Of Happy Mothers: Reclaiming Our Passion, Purpose, And Sanity



## Synopsis

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. Meeker's 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, taking some alone time and reviving yourself. By implementing Dr. Meeker's key strategies, you can be happy, hopeful, and can teach your children to be the best they can be, and isn't that the most precious reward of motherhood? Now with wellness tips and exercises!

## Book Information

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## Customer Reviews

Dr. Meg Meeker will surprise you. I write this as a journalist who has read both of her books: this new volume for women and her earlier Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know. If you've seen Dr. Meeker in one of her brief TV appearances or you automatically associate her books with the work of other self-help gurus out there, you may not anticipate the breadth of what she offers readers. And you may not expect the depth of her advice. Most self-help books tick off a list that begins with popular desires like weight loss, controlling the family budget,

reducing stress at work--all tied up in a neat bundle of tips to help you do more with less. If that's what you're seeking, then you don't want Dr. Meeker's books. She starts with substance. Dr. Meeker is a woman of deep faith, although she writes for a general audience and her books welcome readers of many spiritual backgrounds. She understands that happiness stems from deep spiritual satisfaction and the truly urgent spiritual questions in our lives are not about doctrine. They're about why we should climb out of bed in the morning, how we can make it through another stressful day and what truly matters in our lives at the end of each day. That's why she began her first book with a chapter on the basic value of men and fathers: the "what-truly-matters" message. Now, she begins this new book with an entire chapter on the value of women and mothers. Why?

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