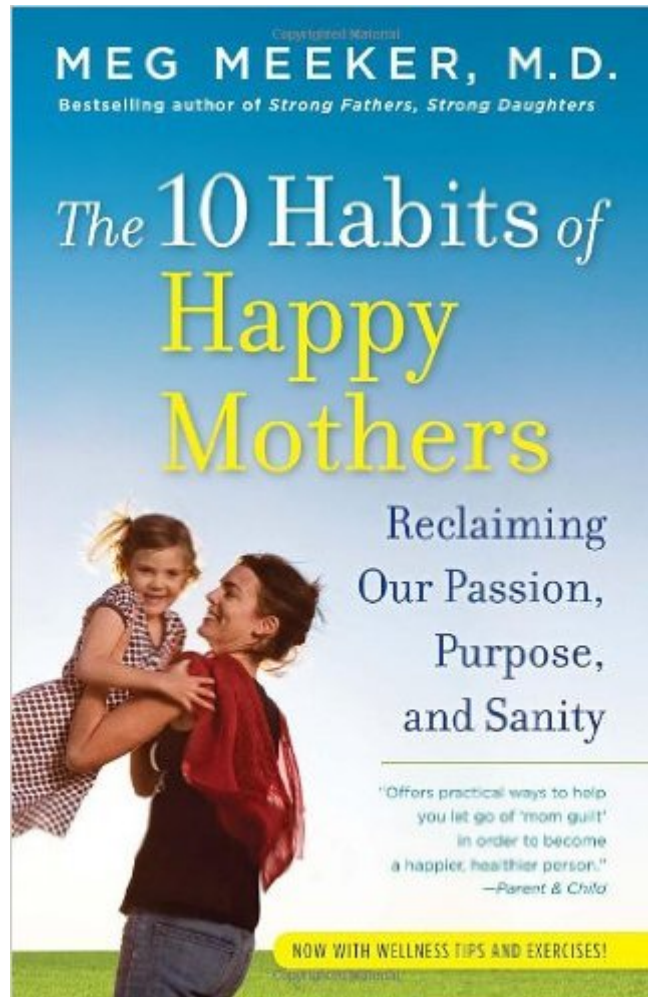


The book was found

# 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 it, 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

Paperback: 272 pages

Publisher: Ballantine Books; 1 edition (September 6, 2011)

Language: English

ISBN-10: 0345518071

ISBN-13: 978-0345518071

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (70 customer reviews)

Best Sellers Rank: #33,487 in Books (See Top 100 in Books) #105 in Books > Parenting & Relationships > Family Relationships > Motherhood #275 in Books > Politics & Social Sciences > Women's Studies #397 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## 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?

[Download to continue reading...](#)

The 10 Habits of Happy Mothers: Reclaiming Our Passion, Purpose, and Sanity  
The Happy Teacher Habits: 11 Habits of the Happiest, Most Effective Teachers on Earth  
Strong Mothers, Strong Sons: Lessons Mothers Need to Raise Extraordinary Men  
Happy, Happy, Happy: My Life and Legacy as the Duck Commander  
Daily Inspiration for the Purpose Driven Life: Scriptures and Reflections from the 40 Days of Purpose  
Delivering Happiness: A Path to Profits, Passion, and Purpose  
Good, Better, Blessed: Living with Purpose, Power and Passion  
Firms of Endearment: How World-Class Companies Profit from Passion and Purpose (2nd Edition)  
Real: A Path to Passion, Purpose and Profits in Real Estate  
Firedancer: Your Spiral Journey to a Life of Passion and Purpose  
Passion and Purpose  
The Rhythm of Life: Living Every Day with Passion and Purpose  
Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity  
Girl Code: Unlocking the Secrets to Success, Sanity, and Happiness for the Female Entrepreneur  
Yoga Wisdom at Work: Finding Sanity Off the Mat and On the Job  
No B.S. Time Management for Entrepreneurs: The Ultimate No Holds Barred Kick Butt Take No Prisoners Guide to Time Productivity and Sanity  
Pathfinder Adventure Path: Strange Aeons 1 of 6 - In Search of Sanity  
Sisters in Sanity  
Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes  
The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health

[Dmca](#)