

Sacred Motherhood An Inspirational Guide And Journal For Mindfully Mothering Children Of All Ages

In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. Sacred Pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby. Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, Sacred Pregnancy also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a

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large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one.” —Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website.

No other job so deftly merges the transcendent with the tedious as motherhood. And mothers would be the first to admit they could always use a little support and guidance. So, in honor of all the moms in the world, here's the Mother's Wisdom Deck. This beautiful kit features a full-color book plus a deck of 52 cards whimsically illustrated with universal symbols of empowered motherhood. Arranged into four suits--Natural Mother, Animal Mother, Ancestral Mother, and Divine Mother--these cards can either reveal a message (like Tarot) or simply provide moms with inspiration and wisdom for their lifelong journey.

Rich, soul-inspiring practices for moms who have neither quiet nor time. Dirty laundry, crayon-smearred bills, and smashed crackers . . . And there's your Bible—buried under a pile of diapers. Bleary-eyed from lack of sleep, without a moment of peace and quiet, you wonder if the spiritual life you crave is even possible. But God sees you. He designed this parenting journey, after all. He understands the chaos of motherhood. And he joins you in everything—whether you're scrubbing the floor, nursing a fussy newborn, or driving to soccer practice. Catherine McNiel invites you to connect with God right here, in the sacred mundane of every mothering moment.

A rallying cry for working mothers everywhere that demolishes the "distracted, emotional, weak" stereotype and definitively shows that these professionals are more focused, decisive, and stronger than any other force. Working mothers aren't a liability. They are assets you—and every manager and executive—want in your company, in your investment portfolio, and in your

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corner. There is copious academic research showing the benefits of working mothers on families and the benefits to companies who give women longer and more flexible parental leave. There are even findings that demonstrate women with multiple children actually perform better at work than those with none or one. Yet despite this concrete proof that working mothers are a lucrative asset, they still face the "Maternal Wall"—widespread unconscious bias about their abilities, contributions, and commitment. Nearly eighty percent of women are less likely to be hired if they have children—and are half as likely to be promoted. Mothers earn an average \$11,000 less in salary and are held to higher punctuality and performance standards. Forty percent of Silicon Valley women said they felt the need to speak less about their family to be taken more seriously. Many have been told that having a second child would cost them a promotion. Fortunately, this prejudice is slowly giving way to new attitudes, thanks to more women starting their own businesses, and companies like Netflix, Facebook, Apple, and Google implementing more parent-friendly policies. But the most important barrier to change isn't about men. Women must rethink the way they see themselves after giving birth. As entrepreneur Sarah Lacy makes clear in this cogent, persuasive analysis and clarion cry, the strongest, most lucrative, and most ambitious time of a woman's career may easily be after she sees a plus sign on a pregnancy test.

Written for mothers seeking to fulfill their soul's work while simultaneously raising future generations, Sacred Motherhood offers women on the path of motherhood a guide back to themselves. It will help you embrace the reality that this is your spiritual life—every moment of every day, whether you are at the grocery store, changing diapers, arguing with your partner, snuggling with your baby, or dyeing your teenager's hair pink. Greet the moments when you

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fall down as awakening opportunities, every bit as holy and powerful as the moments you can drop in and bliss out. Spanning the sacred and the mundane, Sacred Motherhood is both a guide and a journal, enticing you to pause momentarily to reflect and write, and then return to your mothering tasks armed with a fresh perspective, renewed vision, practical tips, and creative ideas for enriching family life. For fifty-two weeks—a year of sacred motherhood—the chapters illuminate subjects that are likely to arise as the mothering journey unfolds, and present thoughtful prompts and helpful reminders relating to you, your soul, and your child. Mothers are pulled in a million different directions while trying to give their kids fulfilling, productive, joyful childhoods. They mistake activity for happiness, and fill their kids' heads with information when they ought to be feeding their souls instead. This is a book for mothers who yearn to find a balance in their own and their children's lives. Through stories and suggestions, Katrina Kenison shares her insights into how to celebrate life's quiet moments, softly reminding busy mothers to pause and remember the deep sense of well-being that comes from a listening ear, an open heart, and a quiet little space carved out of time.

Bring the Spirit into your home and raise your children in righteousness with this fabulous help for mothers. Not only will you learn some slick tricks for teaching your children, but you will also find yourself uplifted, edified, and ready to take on the challenge of child-raising!

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with *zuo yuezi*, a set period of "confinement," in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after deliver-

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ing their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance. The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. The First Forty Days, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

This book is a warm hug for mothers. Motherhood is a personal journey of self-discovery. A mix of feeling delight and wonder, to challenged and overwhelmed – often, all in one day! FLOURISH for Mums is your perfect companion to cultivate 21 healthy ways to let go of unrealistic expectations and create space to celebrate your unique parenting pathway. Filled with uplifting anecdotes and supportive strategies, while busting big misconceptions – this is personal, yet universal in its strong, yet gentle messages. Handbag friendly and always ready to provide a dose of inspiration. Dear mum, it's time to relax – replenish - FLOURISH. The Magic of Motherhood celebrates your life as a mom—the good stuff, the hard stuff, and everything in between. From the writers behind the popular blog Coffee + Crumbs comes a beautiful new book to remind you of your identity, both as a woman and as a mother. Motherhood can often feel overwhelming and isolating. You find your feelings swinging between joy and uncertainty, intense love and anxiety, laughter and tears. Through it all, you

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constantly ask yourself, “Am I the only one who feels this way?” The Magic of Motherhood will reassure you that you’re not alone. Full of encouragement, humor, and wisdom that will speak to you right where you are, The Magic of Motherhood is like a long-overdue coffee date with your best girlfriend. In this book you’ll find heartwarming essays about identity, adoption, body image, miscarriage, friendship, faith, infertility, and more. The Magic of Motherhood is a curated collection of honest stories that weave together the love, joy, and magnificent heartache of motherhood. Instead of offering advice, the writers offer something even better: their hearts. The Magic of Motherhood is a love letter to mothers everywhere; it’s a story about the magic that happens in between calm and chaos, the joy that can be found in both beauty and mess, and the valuable lessons we learn about ourselves in between cups of reheated coffee and kitchen tables covered in crumbs. Find a new strength, beauty, and sisterhood you never believed possible in The Magic of Motherhood, an inspiring and encouraging book written for an imperfect, trying-her-best mom just like you.

Leslie Ludy, popular writer and speaker, has a powerful message for today’s single adults. Through personal experience and in interaction with thousands of young women over the past fourteen years, she has found that most Christian young women fall into one of two categories: those who are discontent and unfulfilled, constantly searching for the “right one,” and those who are consumed by a passionate romance with Jesus Christ and are living joyful, satisfied lives. Her desire is to help readers move toward the totally surrendered and fulfilling experience rather than one of striving and disappointment. Leslie shares firsthand stories and testimonials of modern-day single women who may sometimes struggle with loneliness and personal desires but who, in following God’s plan for them, have discovered a deeper delight,

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purpose and true joy in their lives. Sacred Singleness gives every single woman the inspiration to live counter to the culture and find amazing opportunity in this sacred season.

What if the key to changing your life--and yourself--is already in your hand? So many women struggle with what to do with their daily lives. They feel trapped in everyday drudgery and disappointment, in dull domestic duties, and in mundane jobs they despise. Where is the abundant, purposeful life they were promised? Kari Patterson shows readers the truth: in each unremarkable life lies an opportunity to see, know, love, and be utterly transformed by a God who meets everyone right where they are. Instead of stepping away from real life to find God, Patterson equips women with a six-step practice to move further in and meet Him in the humdrum moments of everyday existence. And when a woman's inner being is truly changed by the sacred, everything in her world changes too--right down to tackling the dirty dishes. Through entertaining narrative, candid real-life stories, Bible study, and practical instruction, Sacred Mundane guides individuals or small groups to discover the beautiful sacredness in the lives they already lead. Women who long to grow in God and make a real difference in the world--no matter how small--will reach eagerly for this book and the radical transformation it offers. "Our daily routine, with its mundane tasks and mindless repetition, is ultimately an offering of worship to God. What a great truth from a great God!" --Ann Byle, author of *The Making of a Christian Bestseller* and coauthor of *Devotions for the Soul Surfer*

An introspective and beautiful dual memoir by the #1 New York Times bestselling novelist and her daughter. Look out for Ann Kidd Taylor's new novel, *The Shark Club*, which will be published in June 2017. Sue Monk Kidd has touched millions of readers with her novels *The Secret Life of Bees* and *The Mermaid Chair* and with her acclaimed nonfiction. In this intimate

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dual memoir, she and her daughter, Ann, offer distinct perspectives as a fifty-something and a twenty-something, each on a quest to redefine herself and to rediscover each other. Between 1998 and 2000, Sue and Ann travel throughout Greece and France. Sue, coming to grips with aging, caught in a creative vacuum, longing to reconnect with her grown daughter, struggles to enlarge a vision of swarming bees into a novel. Ann, just graduated from college, heartbroken and benumbed by the classic question about what to do with her life, grapples with a painful depression. As this modern-day Demeter and Persephone chronicle the richly symbolic and personal meaning of an array of inspiring figures and sites, they also each give voice to that most protean of connections: the bond of mother and daughter. A wise and involving book about feminine thresholds, spiritual growth, and renewal, *Traveling with Pomegranates* is both a revealing self-portrait by a beloved author and her daughter, a writer in the making, and a momentous story that will resonate with women everywhere.

This is a book filled with ceremonies, celebrations and creative expressions for women who pregnant or adopting. It helps think outside the box of pink and blue baby showers, and concentrates on the real meaning of becoming a mother.

After receiving many questions from readers of her popular blog, Danielle Bean decided to write a book that appealed to their concerns?and those of other Catholic mothers. With her trademark humor and wit, Bean sprinkles animated accounts of her own children with sound advice. *Mom to Mom, Day to Day* offers a fresh perspective on family life and spirituality. Packed with common-sense suggestions, spiritual musings, and hilarious tales of Danielle's own gang of eight kids, *Mom to Mom, Day to Day* is sure to keep any mother reading, reflecting?and laughing What are people saying about this title? ?We live in an age of ?anti-

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mother this book passes on practical wisdom and the easy humor of a chat over a cup of coffee. ? Holly Pierlot author of *A Mother's Rule of Life* ? From spills to spirituality, from housework to holiness, Danielle voices a perspective that gently, and with humor, encourages women to give their best to God and to their families while caring for themselves along the path of life. ? Lisa M. Hendey founder of www.CatholicMom.com ? As wife and mother of eight, Danielle Bean has sifted through her sleepless nights and busy days to glean a treasure trove of wisdom for her sisters in Christ. ? Genevieve Kineke author of *The Authentic Catholic Woman* A great faith filled book for everyone?not just Moms ?

Heather Chauvin-now a TEDx speaker, host of the *Mom Is In Control* podcast and personal development coach-takes you through her journey with honesty, humor, and strength.

A new vision of motherhood, giving us permission to thrive, taking us from overwhelm and exhaustion to a life overflowing with joy, meaning and most of all, real connection with our children. Thriving mothers transform their own life, the lives of their children, and ultimately the world. Imagine being raised by parents who are at peace with themselves! *The Motherhood Evolution* challenges conventional thinking that says mothers must sacrifice and martyr themselves if they are to be good mothers.

Redefining motherhood as an evolutionary path, Suzi guides us to the realization that when we thrive, our children thrive, too. Limitless in its possibilities, this approach to motherhood changes the very nature of our mothering experience liberating us to raise an entire generation of conscious, connected, thriving individuals.

Full-time FindingJoy.net blogger, speaker, marketer, podcaster, and single mom of

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seven, Rachel Marie Martin presents a rallying cry to anyone who believes the lie that she is "just a mom." Over the years, you willingly pour everything you have into your family, but in the process, you lose the essence of who you are. In her characteristic raw and visceral style, Rachel teaches you how to rewrite the pages of your story, follow your passion, and discover the beauty of who you are. Drawing on lessons from her own incredible journey--together with insight from conversations with thousands of other women--Rachel encourages moms to break cycles, take off masks, and prevent fear from taking control. She balances her "no excuses" approach with breathing room and grace for those messy moments in life and mothering. Rachel reminds you there is always a reason to hope, to move forward, and to dare the impossible. You can make changes. You can pursue dreams, find yourself, and live a life of deep happiness and boundless joy. Stop waiting for "someday." Take hold of the moment, and say yes to your dreams.

From the author of the bestselling *Anam Cara* comes a beautiful collection of blessings to help readers through both the everyday and the extraordinary events of their lives. John O'Donohue, Irish teacher and poet, has been widely praised for his gift of drawing on Celtic spiritual traditions to create words of inspiration and wisdom for today. In *To Bless the Space Between Us*, his compelling blend of elegant, poetic language and spiritual insight offers readers comfort and encouragement on their journeys through life. O'Donohue looks at life's thresholds—getting married, having children, starting a

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new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory. Most profoundly, however, O'Donohue explains “blessing” as a way of life, as a lens through which the whole world is transformed. O'Donohue awakens readers to timeless truths and shows the power they have to answer contemporary dilemmas and ease us through periods of change. Visioned as the guide and mentor that most creative women yearn for, but never find in their daily lives, *The Rainbow Way* explores the depths of the creative urge, from psychological, biological, spiritual and cultural perspectives. This positive, nurturing and practical book will help to empower you to unlock your creative potential within the constraints of your demanding life as a mother. Featuring the wisdom of over fifty creative mothers: artists, writers, film-makers, performers and crafters, including: Jennifer Louden (multiple best-selling author), Pam England (author, artist and founder Birthing From Within), Julie Daley (writer, photographer, dancer and creator of Unabashedly Female), Indigo Bacal (founder of WILDE Tribe). Foreword by Leonie Dawson (author, artist, entrepreneur and women's business and creativity mentor). Join a respected Jungian analyst for a deep dive into the emotional and symbolic journey of motherhood. Motherhood is the true hero's journey—which is to say that it can be as harrowing as it is joyful, and enlightening as it is exhausting. For Jungian psychoanalyst Lisa Marchiano, this journey is not just an adventure of diaper bags and parent-teacher conferences, but one of intense self-discovery. In *Motherhood*,

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Marchiano draws from a deep well of Jungian analysis and symbolic research to present a collection of fairy tales, myths, and fables that evoke the spiritual arc of raising a child from infancy through adulthood. After all, this kind of storytelling has always been one of the most important conduits of humanity's collective wisdom—and Marchiano provides each tale alongside keen insights into the timeless archetypes they represent. Balanced with real-life case stories from Lisa's own practice and in-depth questions for personal reflection, *Motherhood* explores how events like pregnancy, the calamities of childhood, and the empty-nest experience are invitations to an adventure into the wild frontier of your own soul. Here you will discover:

- How the challenges of motherhood send you on journeys into your innermost source
- Seeing the value of conflict with your child even while working to solve it
- “The dark passage” of confronting and dispelling the energy of childhood wounds
- “The thirteenth fairy”—how to recognize when we are resisting inconvenient or uncomfortable truths
- Understanding how anger, rage, and aggression arise in parental relationships
- Recognizing the ways that you have been taught to ignore your deepest instincts
- How to navigate the inevitable periods of grief that accompany your child's many life changes
- Why much of successful mothering requires surrendering your sense of control

With Lisa's gentle but straightforward guidance, you'll return from this inner journey in possession of the treasured knowledge needed to clarify your values, embrace your disowned parts, and claim the mantle of motherhood in the full bloom of

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your empowerment.

Filled with inspirational quotes on babyhood and parenthood, 365 Days of Firsts is a slim and accessible journal that provides a daily writing space to reflect on all the moments of baby's first year. Filled with gorgeous art, this utterly giftable package features a simple, unprompted space to reflect and record--users simply fill in the date and record a few lines each day. As the journal fills it will become a heartfelt keepsake of a very special time.

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"The woman you want to be . . . the one who has within her every talent, gift, and ability to be what her children need? She's already there. She is you. Motherhood is the toughest job you'll ever take on: there is no interview, no job description, and no salary. When you get the position, it can be all too easy to feel under qualified and overwhelmed. But with a sweet message of encouragement, Christie Gardiner reminds women there are as many ways to be a good mother as there are mothers in this world--and there's no one more capable of raising your children than you! In this uplifting book, mothers are encouraged to let go of the quest for perfectionism and recognize the divinity within. Discover how to own your strengths and weaknesses, and allow your true self to shine! With practical advice on learning to accept failure, holding on to your identity, and harnessing the divine help available to mothers, women will

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gain the confidence to embrace their uniquely perfect qualifications for the job of motherhood."--Page [4] of cover.

SUB TITLE:Real World Reflections on Growing into Motherhood

Sacred Relationship is a practical and spiritual guide and journal for couples to rekindle the love spark that started their fires and to maintain a steady heat for years to come. Following the format of Anni Daulter's popular Sacred Series books, it is beautifully designed and illustrated, with chapters focusing on thirty-two weeks—each with meditations and exercises on topics that couples are likely to encounter on their journey together. Husband-and-wife team Anni and Tim Daulter offer both useful tips and creative ideas for enriching life together, and the weekly encounters provide couples with helpful information and thoughtful prompts for journaling that invite both members of the couple to take an intentional look at the relationship and adopt a practice of personal reflection and soul nourishment. As anyone in a long-term relationship knows, the intense high that accompanies the beginning of love can fade over time unless the relationship receives proper care and attention. Sacred Relationship shows how intentional love brings more happiness, deeper joy, and greater fulfillment than the initial love spell and can steer each member of the couple into more profound personal growth. The book serves as a toolkit with answers to a wide variety of relationship questions and as a handbook for crafting daily practices that will raise the vibration of the relationship. Parents will find solace in topics that shed light on maintaining loving relationships, sex, and passion once children join the family. Busy couples who want to discover more about themselves and each other, find soulful solutions to everyday issues, and nourish a healthy and happy relationship year after year will find an invaluable resource in this book.

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A candid, humorous, and heartfelt guide to self-care in motherhood from a meditation expert and mother-of-five. *Managing the Motherload* is a practical system for sanity from a happy, ultra-productive, and sometimes tired mother of five. This five-part system will help readers create a life that they love while allowing all the items on their to-do list to flourish in their own time. In the book, meditation guide and popular YouTuber Rebekah "Bex" Borucki features her favorite healing and stress-reducing modalities, including her signature 4-minute meditations. Deeply personal, heartfelt stories of her struggles and tender moments raising five children are highlighted throughout the book. As a birth doula and meditation guide, Bex offers a wealth of personal and professional experience in managing the demands of motherhood and the need for self-care and stress management. "I want every woman who reads this book to come away with a feeling of confidence in finding her own way as a mother and a human being. Upon finishing the pages, the reader will have the know-how to create a path to happiness, freedom, and success that can be achieved not in spite of her tremendous responsibility as a mother but in total alignment with it." -- from the author

In this six-session small group Bible study (DVD/digital video sold separately), Sacred Marriage, writer and speaker Gary Thomas invites you to see how God can use marriage as a discipline and a motivation to reflect more of the character of Jesus. Your marriage is much more than a union between you and your spouse. It is a spiritual discipline ideally suited to help you know God more fully and intimately. Sacred Marriage shifts the focus from marital enrichment to spiritual enrichment in ways that can help you love your mate more. Whether it is delightful or difficult, your marriage can become a doorway to a closer walk with God. Everything about your marriage—from the history you and your spouse create, to the love you

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share, to the forgiveness you both offer and seek by turn—is filled with the capacity to help you grow in Christ's character. Sessions include: God's Purpose for Marriage: More Than We Imagine The Refining Power of Marriage The God-Centered Spouse Sacred History Sexual Saints Marriage: The Love Laboratory Designed for use with the Sacred Marriage Video Study (sold separately).

In *A Catholic Mother's Companion to Pregnancy: Walking with Mary from Conception to Baptism* popular Catholic blogger and speaker Sarah A. Reinhard presents the first book to accompany expectant mothers from conception to baptism. This book includes weekly reflections and prayers rooted in the mysteries of the Rosary and related to the baby's physical development. Designed to help expectant mothers embrace pregnancy as an opportunity for spiritual growth, *A Catholic Mother's Companion to Pregnancy* prepares mothers for the trials and joys of pregnancy, childbirth, baptism, and, ultimately, motherhood. Each week of pregnancy is paired with a mystery of the Rosary, a personal, down-to-earth reflection from Reinhard, advice for living the sacramental life, and a prayer to help the reader grow in faith as she bonds with her unborn child.

Different from a baby shower, where gifts are lavished upon the soon-to-be-born child, a blessingway ceremony honors the mother-to-be and creates a circle of support that will cradle her as she prepares to give birth. Surrounded by the most important women in her life, she can explore the challenges and joys that lie before her, gaining a sense of power and confidence that will help her rise to motherhood. *MOTHER RISING* shows women how to organize and personalize a blessingway for the expecting friends and family—an experience that will give the mother-to-be the best possible gifts of deep happiness, serenity, and abundance of love. A

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resource for planning and hosting a blessingway ceremony—a woman-centered celebration of the journey into motherhood. Ideal gift for or from an expectant mother who wants a more meaningful and transformational experience than the traditional, gift-focused baby shower. Outlines the five stages of the blessingway ritual, from establishing a safe and sacred space to honoring and pampering the mother-to-be. Finalist in both the 2004 Independent Publisher Book Awards and Foreword magazine's Book of the Year Awards. Features sidebars, inspirational quotations, resources, and checklists.

Being Zen(ish) is what we call it--and it's the ish that we endorse! Teresa Palmer and Sarah Wright Olsen, two moms from opposite sides of the world, are doing their best to raise happy, empathetic children while working, traveling, and maintaining their sanity. With seven kids between them, the founders of the much-loved Your Zen Mama blog know as well as anyone that motherhood doesn't exist in the highlight reel of life, and that finding even a fleeting semblance of calm among the epic ebbs and flows of parenting is usually all you can hope for! So forget perfection and prepare to get real, vulnerable, and dirty (mostly from guacamole) with Sarah and Teresa, as they share knowledge they've collected over the years, from the Your Zen Mama community and expert mentors, as well as being in the trenches of parenthood themselves. Whether it's dealing with fertility challenges or pregnancy loss, riding out a long and complicated labor, or juggling multiple kids (and work!), these mamas have been through it--and have written this gorgeous book to help you find your own glimpses of Zen along the way. Readers of *The Zen Mama Guide to Finding Your Rhythm in Pregnancy, Birth, and Beyond* will benefit from . . . Important questions to ask and decisions to make before and during pregnancy Essential guidance from a woman's point of view for conception, pregnancy,

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and childbirth Nutritional and dietary advice to support the complete health of both mother and baby Practical education about the mother's body before, after, and during pregnancy Science-based methods to promote a mother's healthy body and mind Expert advice from medical professionals, chiropractors, and pediatricians Engaging, accessible advice for every step of the newborn's journey Suggestions and tips for creating a birthing plan Comforting language to address fertility challenges, pregnancy loss, and complicated labor Tips to celebrate the parenthood journey, in all its complexity and beauty Earned and lived wisdom collected and shared by real mothers in the Your Zen Mama community Access to the Your Zen Mama resource guide

After her "stand-in mother," a bold black woman named Rosaleen, insults the three biggest racists in town, Lily Owens joins Rosaleen on a journey to Tiburon, South Carolina, where they are taken in by three black, bee-keeping sisters.

Love Letters to My Baby is a one-of-a-kind guided journal to help you, or a new mother of your acquaintance, pen your thoughts, feelings, and hopes about your yet unborn child.

Follow the Hero's Journey from Pregnancy to Motherhood Filled with unique insights into the spiritual nature of pregnancy, this compassionate guide takes you, the expectant mother, and your loved ones along a "hero's journey" of discovery. Each trimester correlates to a stage of the epic journey where emotional, spiritual, and physical connections heighten your awareness of yourself and your unborn child. Through these stages, the mundane and everyday are elevated to the sublime and transformative. With their extensive training and experience in allopathic wellness and integrative medicine, Shawn A. Tassone and Kathryn M. Landherr have created a book full of guided meditations, journaling exercises, and spiritual traditions

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from a variety of cultures. Spiritual Pregnancy also includes yoga postures created by popular doula and pregnant-fit yoga instructor Jennifer (Wolfe) More for specific times throughout pregnancy. Praise: "Spiritual Pregnancy presents birth as the spiritual initiation it truly is. I highly recommend this deeply moving book."—Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause* ". . . the information shared by the authors will show future mothers how to unify the two lives within them during pregnancy."—Bernie Siegel, MD, author of *Love, Medicine and Miracles* "Spiritual Pregnancy is the best guide I know on developing, nourishing, and sustaining [the mother-infant bond]."—Larry Dossey, MD, author of *Healing Words* "Expert integrative obstetricians, [the authors] guide you through the traditions of the ancients, and illuminate the vibrant path to your own heroine's journey." —Victoria Maizes, MD, Executive Director of Arizona Center for Integrative Medicine "From the practical to the profound, I'm confident you will find what you are looking for within this book's pages. I highly recommend it."—Tieraona Low Dog, MD, Fellowship Director at University of Arizona Center for Integrative Medicine "Spiritual Pregnancy does an incredible job at marrying the physical and the spiritual . . . It will be a great resource to anyone having a baby and it makes me proud to be an ob-gyn." — Jeniffer Ashton, MD, leading medical correspondent for ABC and ob-gyn physician

Did you ever Google "pregnancy after 35" or "getting pregnant at 40" for helpful advice and inspiration on your way to motherhood? Did your excitement and hope turn into disbelief and shock when your search turned up millions of gut wrenching stories on the risks and dangers of later pregnancies and the staggering rise of age related infertility in women? *The Joy of Later Motherhood* is the much-needed antidote to all the negative hype surrounding

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motherhood at advanced maternal age (which is 35+). Written by seasoned journalist Bettina Gordon-Wayne—herself a first-time mom at 44 and the third generation of women in her family who did not get the memo that conceiving a baby after 40 is dangerous, if not outright impossible—*The Joy of Later Motherhood* is: Positive, honest, deeply human, and an inspiring guide to mature motherhood that will undoubtedly boost your fertility and your chances of getting pregnant; Full of real-life stories and helpful insights of more than 40 women over 40 (and top natural fertility experts) who all had natural pregnancies and healthy babies. With love and candor these women tell of heartbreak—like infertility diagnosis and miscarriage—and triumph—from healing diseases to finding their faith. They share their stories in order to empower other women to approach the topic of later motherhood from a position of strength and courage and to show them what's possible and, in fact, natural. If you are looking for a medical book focused on only the physical aspect of pregnancy, this may not be the right one for you. *The Joy of Later Motherhood* is written by experts of a different kind. It's written from the perspective of the women who actually achieved what millions of women are striving for: naturally conceiving a healthy baby after 35 and, especially, after 40. You'll learn how to prepare for pregnancy, even if you choose in vitro fertilization or were diagnosed with unexplained infertility or were trying to get pregnant for years. You'll get advice on how to get pregnant naturally and what natural family planning methods worked for other women. But maybe most importantly, you'll learn that trying to get pregnant is not just a physical matter, but also a matter of the mind and maybe even your spiritual beliefs as these women attest to. *The Joy of Later Motherhood* is for you if the following rings true: You hear your biological clock ticking, but you don't want to be in a panic about it like everyone else. You are afraid that

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your body may fail you. Or that your contradictory thoughts—"I would love to have a baby, but I don't think I can give up my freedom!"—may influence your fertility. You feel alone and isolated because you've already experienced more than your fair share of heartache. You need different perspectives to help you go on. You wonder if it is fair to a child to have older parents and whether he'll have to shoulder the burden of an ailing mother or father long before his peers. Maybe you are worried or are upset. Maybe you doubt that motherhood will ever happen for you. We get it. We've been there. With our stories, we want to lovingly see you through this journey as much as we can. We've got you.

Where are you in the motherhood journey? Are you a new mom struggling to redefine the boundaries of your life among a sea of diapers, feedings, and sleepless nights? Have you been a mom so long that you've lost yourself along the way? Are you trying to decide if you want to have children? Erin Davis was a young Christian wife who had made the decision to not have children. She had multiple degrees, a great husband, a promising career—she had it all, according to cultural standards. But most days she felt anything but fulfilled. In *Beyond Bath Time* Erin shares her journey to in responding to the call of motherhood. Women will be challenged, convicted, and wonderfully encouraged by Erin's honest and provocative look at motherhood. She unfolds the purpose and privileges of motherhood, revealing how it can be a powerful force for God's kingdom, helping you: Discover God's heart on the issue of motherhood See past the endless list of mothering responsibilities to a bigger, more eternal picture Fight through the chaos to connect with your kids and pass on the faith Reclaim motherhood as a high and holy calling *Beyond Bath Time* is A True Woman book. The goal of the True Woman publishing line is to encourage women to: Discover, embrace, and delight in

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God's divine design and mission for their lives Reflect the beauty and heart of Jesus Christ to their world Intentionally pass the baton of Truth on to the next generation Pray earnestly for an outpouring of God's Spirit in their families, churches, nation and world

Includes index.

In Buddha Mom, Jacqueline Kramer beautifully illuminates the ways in which motherhood can be woven with the spiritual life. Drawing upon her twenty years as a practicing Buddhist, as well as many other wisdom traditions from around the world, she offers powerful insights into cultivating a more spiritual attitude toward parenting. In chapters, guided by central Buddhist themes-Simplicity, Nurturance, Joyful Service, Unconditional Love-Kramer's personal experience of pregnancy, birth, and then raising her daughter to adulthood serves as a guide to integrating the roles of parent and spiritual being. A celebration of all that motherhood can be, Buddha Mom presents an inspiring vision of child rearing.

The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, The Fifth Trimester is packed with honest, funny, and comforting advice from 800 moms, including:

- The boss-approved way to ask for flextime (and more money!)
- How to know if it's more than "just the baby blues"
- How to pump breastmilk on an airplane (or, if you must, in a bathroom)
- What military science knows about working through sleep deprivation
- Your new sixty-second get-out-of-the-house beauty routine
- How to turn your commute into a mini-therapy session
- Your daycare tour or nanny interview, totally decoded

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