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**The Stylish Mom**  
*Sh\*tty Mom*  
**A Mom's Guide to Creating a Magical Life**  
*The Science of Mom*  
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In this delightfully inspiring and engaging book, Candice Conradi examines virtually every aspect of the world of baseball through a mother's eyes. She provides first-time insight and problem identification, as well as what-to-do solutions to many factors that often cause frustration and failure at the ball park. Ideal for parents and coaches of athletes from T-Ball to college and beyond. Counter the lies that keep you from abundant living. Satan is the master deceiver and his lies are endless. And the lies Christian women believe are at the root of most of their struggles. "Many women live under a cloud of personal guilt and condemnation," says Nancy DeMoss Wolgemuth. "Many are in bondage to their past. Others are gripped by fear of rejection and a longing for approval. Still others are emotional prisoners." In best selling *Lies Women Believe*, Nancy exposes those areas of deception most commonly believed by Christian women—lies about God, sin, priorities, marriage and family, emotions, and more. She then sheds

light on how we can be delivered from bondage and set free to walk in God's grace, forgiveness, and abundant life. Nancy offers the most effective weapon to counter and overcome Satan's deceptions: God's truth! This A-Z reference guide covers all of the key questions asked by women who want to be the best moms possible. Peel offers women quick solutions and practical advice to help them perform the important job God has called them to do. Written for the overwhelmed Mom who's looking for more joy, playfulness, and serenity in her life, *A Mom's Guide to Creating a Magical Life* is like a GPS for your soul. This book is full of simple, easy-to-use tools to help you feel more grounded within yourself, and more patient and present with your family and everyone else you meet throughout your days. It's also an invitation to come back home to yourself and remember all the things you used to love before becoming so busy taking care of everyone else. Beyond a manicure, pedicure, or even a massage, *A Mom's Guide to Creating a Magical Life* encourages self-care for the soul, teaching and empowering Moms to learn and know that we really do have the ability to create the life of our dreams. The fun exercises in the book teach us to tap into and trust our own IGS, or Internal Guidance System, and harness the power of unseen energy fields that exist all around us. Like putting on a brand-new pair of glasses, *A Mom's Guide to Creating a Magical Life* helps readers experience a shift in perspective and see the world in a whole new way. For those seeking a path to uncovering your hidden, authentic self, this is the roadmap that will lead you there. "Mom, you're so mean!" Do you struggle to instill loving boundaries and become discouraged when your child doesn't like you for them? Let *The Mean Mom's Guide* inspire you to dig in and stand your ground when parenting gets tough—because a mean mom isn't always the mean you think it means. The *Mean Mom's Guide to Raising Great Kids* encourages overly nice "marshmallow" moms to instill a few much-needed boundaries. It motivates parents to stand their ground when childrearing is tough, most especially when a child doesn't like them for it. Covering parenting from preschool to high school, each of the four sections highlights topics specific to each age. Scripture is weaved throughout as a continual

reminder of God's truth, and "Mom 2 Mom" quotes at the end of each chapter are filled with heartfelt transparency from dozens of moms who lent their own experiences to encourage the reader. Mean moms encourage openly, love passionately, and know full well being called mean by her child is oftentimes a compliment. "This is a must-read for every family that yearns to create peace and harmony." --Shefali Tsabary, Ph.D., New York Times bestselling author of *The Conscious Parent* Tired of yelling and nagging? True family connection is possible--and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds. Lisa Gay Nichols is the mom of a former difficult teen and learned the biggest lessons of her life, which she shares in *Surviving Your Out-of-Control Teen*. Lisa Gay Nichols is the mom of a former difficult teen. She went through hell and back with her son and learned the biggest lessons of her life, which she shares with moms of teenagers in *Surviving Your Out-of-Control Teen*. Within *Surviving Your Out-of-Control Teen*, moms learn: An easy technique that can disrupt the patterns in their relationship with their child Three beliefs that may stop them from turning things around Why it's not just their teen that's causing them misery and what they can do about it The steps they can take to reduce their stress and

feel calmer no matter what What to do if they're stuck trying to decide how to help their teen With compassion and humor this book helps mom establish a daily routine, keep her marriage strong, understand the changes in her body, and find her own mothering style. The premier organization on mothering equips women to be better moms and make a better world in their own unique ways. If you're a mom (or mom-to-be) who wants to raise decent human beings, maintain your pre-baby identity, and not lose your sh\*t along the way, congrats: you've just found the parenting book of your dreams. The Rebel Mama's Handbook for (Cool) Moms is a girlfriend's guide to early motherhood. It's the Coles Notes for all those boring baby books you never read. It's the instruction manual you wish your kid(s) came with - complete with cocktail list. Welcome to motherhood. Let's do this. "Nearly criminally funny . . . carries a powerful message to all parents, but especially moms, that distilled to its essence is this: chill." —Time Sh\*tty Mom is the ultimate parenting guide, written by four moms who have seen it all. As hilarious as it is universal, each chapter presents a common parenting scenario with advice on how to get through it in the easiest and most efficient way possible. With chapters such as How to Sleep Until 9 A.M. Every Weekend and When Seeing an Infant Triggers a Mental Illness That Makes You Want to Have Another Baby, as well as a Sh\*tty Mom quiz, this is a must-have, laugh-out-loud funny book for the sh\*tty parent in all of us. "A totally hilarious and uncensored look at some of the impossible situations we mothers find ourselves in." —The Bump "As the attachment parenting craze has hit a zenith in American culture, four very funny moms—comedy writers, TV producers, and a novelist—blast open a long-locked safe filled with frustrations faced by all modern mothers, with sympathetic and sharp humor . . . The authors' unfiltered candor is a welcome reminder for readers that they're not alone." —Publishers Weekly (starred review) "Hilariously entertaining. A must-read survivor's guide for every mother!"—Christy Turlington Burns, founder of Every Mother Counts "A long overdue little burst of honesty from the supposed minority of mothers who are, in fact, not that maternal . . . After a generation of

supermoms one-upping each other in dead earnest on playgrounds and schoolyards, the emerging mass appeal of Sh\*tty Mom is a welcome relief." —The New York Observer

When the author's son was deployed to Iraq in 2004, she felt overwhelmed with fear and anxiety. After thousands of hours of research and her own first-hand experience along with many lessons she learned from other military families, she wrote *Mom's Field Guide: What You Need to Know to Make It Through Your Loved One's Military Deployment*. Bouncing back fast after having a baby is absolutely possible for anyone!

Affectionately known as The FAB Mom on-air and online, Jill Simonian uses her trusted and entertaining expertise to set expecting and new moms on a distinctive, no-frills journey to help them "get over the bump" and bounce back fast after having a baby. Jill's frank tricks, somewhat against-the-grain tips, and laugh-out-loud tales involving famous names provide first-time moms a unique roadmap for managing and conquering the lifestyle challenges a newborn often brings. The FAB Mom's Guide offers a motivational style and practical solutions to inform, inspire, and empower even the most uncertain of new moms. From hanging an oversized mirror in your kitchen to opting out of nursing to spending entire days wearing only your underwear and beyond, Jill Simonian can help a new mother get organized, have fun, and feel in-control, happy, and reinvented within six months of having a baby. Encouraging women to tune out the drama and arming them with useful talk and tools to minimize exhaustion and maximize focus, Jill uncovers and reshapes the status quo for how FAB (an acronym for: Focused After Babies) a new mom's sense of self and life can truly be. If the prospect of motherhood leaves you woozy with images of soccer mom hairdos and senseless acts of baking, don't panic. There is a way to keep your Inner Babe while you're busy bringing up baby. *I'm Too Sexy for My Volvo* is an essential guide for new and experienced mothers alike, packed with practical, profound, and irreverent truths about how to stay fabulous even amidst the burps, stretch marks, and drool: Pretty up down there. Have a pedicure, get a bikini wax, and shave your legs a few days before you're due. There's no need to feel like Godzilla when a lot of hunky residents are

peering at your lower half during labor. Bangles, bangles everywhere. When the baby finally arrives, you're going to end up with about 7,000 photos of your forearms. Buy some cool bracelets and you'll look like a glam mom. Blow town. When the going gets tough (or just plain tedious), hit the road. Take your newborn abroad while she's still lightweight, mobile, and lacks the ability to say, "Are we there yet?" and "When can we go home?" Let it shine. The four things you need to keep in your closet to remind you that you're still fabulous. (No, the pool boy does not count.) Sure, becoming a mom changes your life completely. But Betty Londergan's 101 wise and witty rules for Mamas and Mama's-to-be give you the confidence and kick-ass attitude to stay sexy, stylish, and cool while you're losing your heart to your little one. AUTHOR: Betty Londergan is a creative director in advertising, and has worked on some of the largest brands in America, including Tylenol, Vanguard, US West, and AT&T. Formerly a single mom, Betty is now the happily married mother of Lulu and stepmother of Jaime, Lindsay, and Tyler. In *The Catholic Working Mom's Guide to Life*, JoAnna Wahlund speaks to the plethora of Catholic women who are looking for other moms with whom to relate, moms who understand the unique challenges of juggling motherhood and work. From a mom with twelve years of single parenting experience comes a powerful book of inspiration, hope, and advice for single moms raising preschoolers. A MOPS book. Prepare yourself for whatever life throws your way with these essential safety and security hacks you need to know to keep you and your family safe, from TikTok's Mom Friend, Cathy Pedrayes. Have you ever wished that you kept a first-aid kit in the car or berated yourself for not keeping a pair of flip-flops in your purse at all times? Ever wondered when it's okay to geo-tag a social media post or when it's best to lie to strangers? Just need some tips on how to feel safer and more prepared in today's digital world? Well, Cathy Pedrayes has you covered. Known as the Mom Friend of TikTok, Cathy posts practical, everyday safety and security tips that everyone should know and incorporate into their routine. *The Mom Friend Guide to Everyday Safety and Security* offers a shortcut to a lifetime of tips and hacks Cathy has learned from experience as well

as her consultations with personal security experts. You will find quick guides on: -Securing your home -Building a first-aid kit -Items to take with you on the go -Things to always pack when going on vacation -How to read the red flags in everyday situations -How to protect yourself online -And more! Practical and personable, *The Mom Friend Guide to Everyday Safety and Security* is a quick guide to all the safety tips you wish someone had told you sooner so you can be better prepared for whatever life throws your way. *A Mom's Guide to Lies Girls Believe*, the companion book to *Lies Girls Believe* is your tool to come alongside your daughter in the fight against the lies the world is telling her. Based on in-depth research and focus groups led by Dannah Gresh, author of *Secret Keeper Girl* and *Lies Young Women Believe* (coauthored with Nancy DeMoss Wolgemuth,) *Lies Girls Believe* teaches your daughter the Truth she will need to navigate the challenges she is facing. *The Mom's Guide* provides research, cultural trends, and case studies about the problems tween girls face, but also offers encouragement and biblical insight to empower you to talk with your daughter about God's truth. -- Publisher's statement Millions of women have felt the power of birth, and countless women long for it. But for too many, birth can seem like a purely clinical experience — something to get through as quickly as possible in order to get on with the joys of being a mother. In *Made for This*, author Mary Haseltine draws on Pope St. John Paul II's *Theology of the Body* to show that birth is an essential part of who God created women to be, body and soul. With real-life stories from many moms and practical tips — including preparing for birth, making informed choices, helping fathers embrace their role in the birth room, and encountering the work of labor — this book is an indispensable guide for navigating the physical and spiritual dimensions of pregnancy and birth. Expectant mothers will find the tools they need to approach birth as a gift, and to invite God into the experience. About the Author Mary Haseltine is a theology graduate and a certified birth doula and childbirth educator. With a passion for building a culture of life through the teachings of the *Theology of the Body*, she works to bring an awareness and practice of the teachings of the Church into the realm of

childbirth, mothering, and pregnancy loss. She lives in Western New York with her husband and five sons. You can find more of her writing at [www.betterthaned.com](http://www.betterthaned.com). Calling all mamarazzis! Every camera-toting mom will want this guide! Moms, if you can't seem to take enough great photos of the children in your life, this is the book for you. Now you can learn how to photograph children with the style, clarity, color, and beauty you see in professional photographs. This guide combines humor with solid know-how to show you how to compose shots, handle cameras from basic compacts to advanced dSLRs, take portraits or candid, create prints that impress, and even work with kids! Packed with beautiful examples and written in a down-to-earth style from one mom to another, this book will help mamarazzis everywhere take better photos. Moms are one of the fastest-growing segments of the camera-toting demographic, and the blogosphere has a term for them, mamarazzis. Mixes information, inspiration, and fun for women who want to take better photographs of the children in their lives. Explains how to set up a camera and use the controls on basic compacts up to advanced dSLR cameras. Covers shot composition, determining settings, exposing images correctly, the essentials of printing images, how to process for clear and bright color, and more. Includes stunning examples of portraits and candid of children. Become a better mamarazzi with this fun and informative guide! Maria Lianos-Carbone, founder of *AMotherWorld.com*, outlines the "proper care and feeding" of mothers during their baby's first year. In *A Mom's Guide to the COVID Shot: What Every Mother Needs to Know*, Christiane Northrup, M.D. shares the truth about what is in the COVID-19 vaccine and the effects it is having on those who have received it. Christiane Northrup, M.D., visionary pioneer in women's health, is a board-certified OB/GYN with more than thirty years of clinical experience, former assistant clinical professor of OB/GYN at the University of Vermont College of Medicine, and three-time *New York Times* bestselling author of *Women's Bodies*, *Women's Wisdom*, *The Wisdom of Menopause* and *Goddesses Never Age*. In 2013, *Reader's Digest* named Dr. Northrup one of the "100 Most Trusted People in America." In 2016, she was

named one of Oprah Winfrey's Super Soul 100, a group of leaders who are using their voices and talent to awaken humanity. And in 2020 & 2021, she was included in the Watkins Spiritual 100, a list of living people that make a unique and spiritual contribution on a global scale. "The Mom's Guide to a Good Divorce" is a practical guide to help those women who have decided to get a divorce to understand all of the details they need to think through... always keeping in focus what is best for their children. The guidance is written in a conversational tone and is served up in bite-sized pieces. A Bible Study Plan for the Busiest Mom! The Busy Mom's Guide to Bible Study is an amazing Bible study tool specifically aimed at moms. What makes it so remarkable is the way author Lisa Whelchel has packed twenty solid Bible study tools into a five-day-a-week, fifteen-minute-a-day, anybody-can-do-it plan. Not only is this plan doable, it's satisfying. As a busy mom, you give of yourself all day long - often with no way to refresh and replenish the cravings of your own soul. But this simple three-month, come-along-beside-you guide will take you deep into the Word, nourishing your heart and soul. And in just three months, you will be a changed woman - changed by the power of God's word in you. With real-life stories from many moms and practical tips this book is an indispensable guide for navigating the physical and spiritual dimensions of pregnancy and birth. Expectant mothers will find the tools they need to approach birth as a gift, and to invite God into the experience. The creators of the beloved podcast Good Moms Bad Choices challenge outdated notions of what being a "good" mother truly means--inviting moms of all kinds to embark on a healing journey that unlearns old scripts about motherhood and shows that you can be little bad, and still do a lot of good for your kids. They are everywhere on social media. Images of perfect, pleasant white women with perfect, pretty children in perfect, tidy homes--the epitome of "good" moms. But this model of motherhood is an illusion that far too many women either measure themselves against or simply cannot relate to in the first place. Enter Jamilah Mapp and Erica Dickerson: if you are sex-positive, cannabis-friendly, and love sharing NSFW stories with your fellow mom friends, you're not doing anything wrong and

you are definitely not a bad mother. And Jamilah and Erica are your tribe. These two best friends, single mothers, and creators of the Good Moms Bad Choices podcast are here to remind every woman that you can be a good mom despite not fitting the "perfect mom" standard. In this much-needed book, part memoir, part guide, and part manifesto, they bring the refreshing honesty and down-to-earth humor of their podcast to the stories of their own journeys as mothers, offering women insight and tools they can use to recognize their own past traumas, find a way to healing, and break free from unrealistic expectations of what it means to be a good parent. Jamilah and Erica take us through their own journeys as single mothers of color raising children, being in (and falling out of) relationships, making mom friends, and, ultimately, finding themselves as they learned to redefine motherhood on their own terms. Uncensored, unapologetic, empathetic, and no-holds-barred, A Good Mom's Guide to Making Bad Choices takes an unconventional and much-needed approach to motherhood that recognizes that moms are vibrant, sexual, creative beings with needs and desires that deserve to be acknowledged and respected. It's a breath of fresh air for all moms today. Shine is the handbook for any mom who wants to see her daughter grow into the best version of herself. Your child was born to be an amazing gift to the world! As a mother of four children, Neisha Hernandez knows the joys, struggles, and hopes mothers have for their daughters. Through her thirty-year career of coaching children in the classroom, Neisha shares the proven tools for helping your kids navigate life and stay focused. Shine shows mothers how to connect with their daughters on a deeper level; how to unlock their hidden potential and gifts; own and know their own worthiness; and find their Purpose in Life. With the ability to be read and applied in bite-sized chunks for busy moms, SHINE teaches mothers how to lead their daughters into a life of great love, great service, and great purpose. There are 9 million women-owned businesses in the United States; they account for \$1.3 trillion in revenue. American women are starting businesses at a rate twice that of men. Most of these women are also moms. What does it take to be successful as both a mom and as an

entrepreneur? Moms Mean Business gives existing and potential mom business owners the encouragement, advice, and healthy dose of “how-to” they need. In this helpful guide, you will create a customized strategy that includes: A personal definition of success in both life and business—and the way to achieve it The tools needed to manage time and productivity when your priorities as a mom and business owner conflict A mom-friendly business plan to get you focused An approach to self-care that allows you to handle all that’s thrown your way Tips, checklists, and guidance to quickly solve the problems mom entrepreneurs encounter Behind-the-scenes stories and advice from well-known mom entrepreneurs make Moms Mean Business fun to read and full of that all-important “me, too!” factor. It is inspiring, motivating, and, above all, practical. “How to be a smart mom by using effective recipes for overall well-being, green cleaning, personal care, and hormone support.” —Dr. Jolene Brighten, ND, author of Beyond the Pill As a mother, you are always looking for ways to make your family safer, happier and healthier. This book shows how essential oils can help you achieve all those things. And you’ll save money! An easy-to-use handbook for creating natural solutions, green cleaners, and toxin-free personal care items, the Smart Mom’s Guide to Essential Oils provides pure and potent recipes, including: PEPPERMINT and GRAPEFRUIT energizing air diffusion FENNEL and EUCALYPTUS respiratory relief rub CITRUS-infused cleaning spray and scrub LAVENDER and MELALEUCA skin-soothing salve CHAMOMILE and VETIVER stress reliever SPEARMINT-powered digestive aid Your family’s wellness starts with you. That’s why this helpful handbook also features a powerful regimen to reduce stress, increase energy and sustain your own personal vitality. “The perfect solution for every mom looking to implement a nontoxic lifestyle.” —Dr. Izabella Wentz, #1 New York Times bestselling author of Hashimoto’s Protocol “This book was created for any mom ready to empower herself with effective, natural solutions.” —J. J. Virgin, New York Times bestselling author of The Virgin Diet “There is great scientific data supporting the benefits of essential oils for improved cognition, relaxation, and even supporting a healthy

immune system. Dr. Snyder does a wonderful job in her book guiding moms through all of the essential oil basics for themselves and their families.” —Maya Shetreat-Klein, MD, author of The Dirt Cure The Busy Mom’s Guide to Prayer helps organize our prayer priorities so that we can pray in a practical and effective way and be confident that our petitions are covering people and issues that are important to us. Surely you know someone who is an amazing prayer warrior but finds herself caught in the battle of day-to-day chores...and then winds up feeling like she has short-changed her prayer life because she has been slaying the dragons that cross her path in daily life. She’s one of the busiest people you know, who truly cares about the people in her life...and in her children’s lives...and in her friends’ lives. Lisa Whelchel has now given us (and our prayer warrior friends) a tool that can be used to leverage those rare and treasured moments of free time when we want to pray, but simply don’t know where to begin. The Busy Mom’s Guide to Prayer helps organize our prayer priorities so that we can pray in a practical and effective way and be confident that our petitions are covering people and issues that are important to us. Lisa has provided the framework, you get to provide the content, and the Holy Spirit will provide the power! Humorist Dana Bowman chronicles her struggle with alcoholism—and subsequent recovery—through the prism of early motherhood and its challenges. Now updated! The new edition of this best-selling guide uses science to tackle some of the most important decisions facing new parents—from sleep training and vaccinations to breastfeeding and baby food. Is cosleeping safe? How important is breastfeeding? Are food allergies preventable? Should we be worried about the aluminum in vaccines? Searching for answers to these tough parenting questions can yield a deluge of conflicting advice. In this revised and expanded edition of The Science of Mom, Alice Callahan, a science writer whose work appears in the New York Times and the Washington Post, recognizes that families must make their own decisions and gives parents the tools to evaluate the evidence for themselves. Sharing the latest scientific research on raising healthy babies, she covers topics like the microbiome, attachment, vaccine safety,

pacifiers, allergies, increasing breast milk production, and choosing an infant formula. Be Stylish. Mom's deserve to look and feel wonderful! Hi I am Toya, a Mom, wife and entrepreneur! This book is all about YOU! It is a guide to achieve personal style that works for you. I give you all the tools and steps to get the look you want. Let's make style easy! Advice from moms who have "been there, done that" at the United States Military Academy. Information includes how things work, what to expect, how to dress, how to meet the needs of your cadet during the 47 month adventure. For any mom who has ever felt inadequate, overwhelmed, or guilty in trying to balance it all, popular podcaster Sarah Bragg offers brilliant clarity and respite in this friendly manual for becoming your most authentic self, instead of just surviving motherhood. Nothing will make you grow up faster than trying to raise a kid. This is what popular podcast host and mom Sarah Bragg explores so beautifully as she encourages and equips moms who are discovering all the ways they still need to grow. It's easy to lose our sense of self in the all-consuming process of raising our children, but Sarah reminds us that the best gift we can bring to our kids is our true, authentic selves. Through vulnerable and relatable stories, no-nonsense wisdom, and a compassionate perspective for all the joys and challenges of motherhood, Sarah provides shame-free practical help to surviving right where you are in life, in relationships, in work, and in faith. This guidebook to health and sanity for the wilderness of parenting will help you: Give yourself permission and find the courage to show up as yourself Wrestle with how purpose, work, and calling fit together Notice and celebrate the good that's happening right around you Remember your worth is not in your kids or your role as a parent but in something far more lasting Find solidarity, understanding, and helpful encouragement to embrace all that motherhood is and remember who you truly are. Because you matter, and raising great kids starts with raising yourself well. Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. Recovering from an addiction is tough enough, but when you throw

in the tremendous responsibilities of motherhood, resisting cravings and remaining abstinent—much less enjoying the rewards of sobriety—can seem like an impossible challenge. Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. At once affirming, engaging, and practical, *A Sober Mom's Guide to Recovery* combines down-to-earth advice with the inspiring stories of recovering moms, including the author's, to offer guidance on over fifty vital topics, including stress, relapse, relationships, sex and intimacy, spirituality, shame, gratitude, dating, and, of course, parenting. The result is an inspirational and practical handbook, not just for getting through the day, but for building a sense of well-being that radiates outward, allowing you to be present with your kids and loved ones, and find hope for the future. One of America's most trusted mothers and physicians provides essential information on breastfeeding. 50 illustrations. "[Prepon] returns to the written word with this heartfelt, honest look at motherhood, styled as both informative guidebook and raw memoir." —Entertainment Weekly When actor, director, and author Laura Prepon first became a mother, she felt raw, full of stress, and blindsided. She sought out resources to help navigate this huge life transition, but only found books about childcare with almost nothing on the shelves about momcare. So, Laura decided to write the book she was looking for. *You and I, as Mothers: A Raw and Honest Guide to Motherhood* is part memoir, part handbook, as Laura digs into her own unconventional upbringing and investigates how it shaped her as a person and as a mother, with intimate stories and never-before-shared anecdotes brought forth in an effort to understand our collective experience as mothers. The book is packed with practical tips for moms of any age, at any stage of motherhood, such as stress reduction techniques, self-care, protecting one's partnership, asking for help, and getting a global perspective on maternity. Also included are easy and delicious recipes, from ideas for kids-friendly food, to romantic dinner dates, and batch-cooking favorites that will help any parent



feed their family. Unfiltered, honest, and insightful, Laura encourages the reader to acknowledge their challenges, embrace their strengths, and celebrate their victories as we navigate the greatest adventure of all: motherhood. “Every mother, partner, and friend can benefit from the evocative and hard-earned wisdom within these pages.” —Mila Kunis “A powerful multi-hyphenate manifesto examining the most important and often overlooked realities of modern motherhood, written with wit, extraordinary grace, and real guts.” —Amber Tamblyn

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