



# Real Moms

*Elisa Morgan, Carol Kuykendall*

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## **Real Moms** Elisa Morgan, Carol Kuykendall

Mom! Get Real . . . and Get Free! Are you tired of constantly trying?and failing?to be a perfect mom? Stop beating yourself up and let the truth about motherhood set you free! Real Moms debunks the “good mom” fallacies that have weighed you down by giving you some liberating “real mom” truths. This book punctures such mothering myths as: · Good moms look good all the time. · Good moms keep everybody happy. · Good moms instinctively know what their children need. · Good moms take responsibility for how their children turn out. · Good moms don’t admit their feelings of guilt or anger or fear?because to admit those feelings might make them look like they are not good moms. Each chapter examines a myth and its corresponding reality, and ends with a how-to practical application, a “Real Mom” story, questions for reflection and discussion, and “Real Mom” quotes from Real mothers. Wouldn’t you love to be free to accept your imperfections? Free not to feel guilty about your limitations? Free to ask for help, free to be real, free to grow? Freedom is in store for you?freedom to be the best mom you can be. This book will show you the way.

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