



The Mommy Diaries: Finding Yourself in the Daily Adventure

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Mothering is an adventure to be sure--from diaper changes and potty training to car pools and soccer games, a mom's life is full of adventures with her children. But it's not only about the kids. Mothering is also an adventure in personal growth. And that's what moms are invited to enjoy as they read The Mommy Diaries. With contributions from a variety of authors and speakers familiar to today's moms, as well as insights from fresh new voices, this book will encourage women to catch a fresh glimpse of who they are and how they can grow in the midst of the mothering process. Organized into six sections, each focused on a particular aspect of personal growth as a mom, The Mommy Diaries points moms to the lessons and insights that can be found in their experiences.

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