



## Mothering with Courage: The Mindful Approach to Becoming a Mom Who Listens More, Worries Less, and Loves Deeply (Paperback)

By Bonnie Compton

Familius LLC, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Mothering with Courage provides guidance for mothers to self-reflect and dig deep to discover what is important to them from their own perspective. Only from that space can a mother discover how to be the best, most authentic mother for her child. Mothering with Courage provides mothers a detailed guidebook for their journey as a mother, complete with the latest understanding and tips for healthy parenting and motherhood. Practical, educational, and inspirational, the book provides self-reflective questions and guided journaling exercises for mothers, specifically related to aspects of their lives and mothering. Mothering with Courage engages mothers in an interactive experience that will help map their own journey of motherhood, consciously creating it as they move through the book gaining insight and making personal choices. The text and exercises also guide mothers to mindfully choose the legacy of values and attitudes that they want to pass to their children. As a result, they will be given the opportunity to become a calm and connected mother . . . a mother who is also confident in her journey.



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