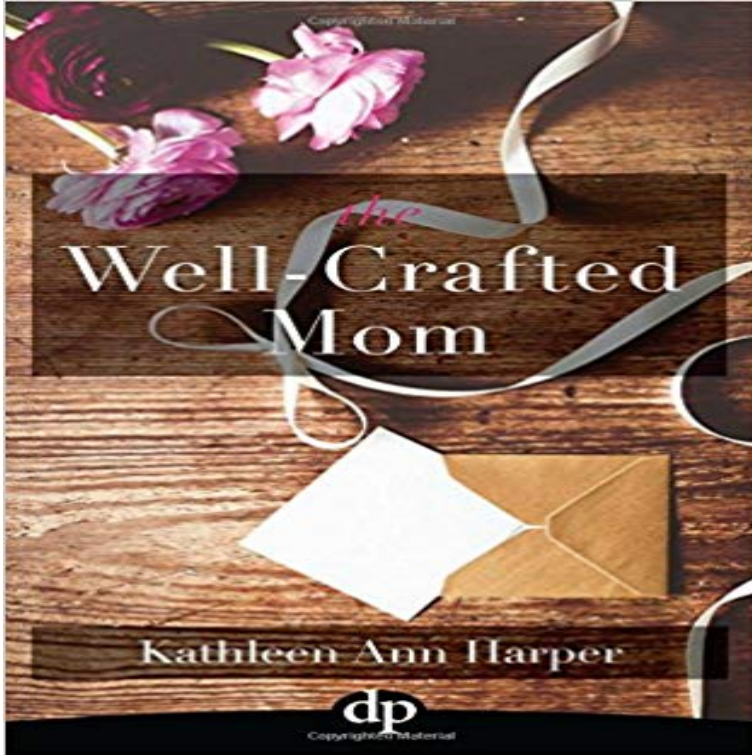


The Well-Crafted Mom: How to Make Time for Yourself and Your Creativity within the Midst of Motherhood



Discover new ways to carve out time for yourself and create more happiness for you and your family. In *The Well-Crafted Mom*, Kathleen Ann Harper weaves together been-in-your-shoes stories, contemporary sociological and psychological research, and inspirational crafts to help you find solutions to common situations for moms: How to grapple with mommy guilt and win. Tips on how to say no to what you don't want to do. Time management tools to help you carve out time for yourself and what to do with your time once you've reclaimed it. Ways to tell the difference between having a mess and being a mess, and why it matters. How expectations steal your happiness and what you can do to take it back. How to understand that self-care isn't selfish and is the place from which your true strength grows. Ideas for making inner-circle friends and why they're so important. Strategies for improving your self-talk dialogue and why it's crucial that you do. A reference book for busy moms, *The Well-Crafted Mom* is the middle sister between Martha Beck's *Finding Your Own North Star* and Brave Girls Club founder Melody Ross's *Choose Happy*. In the pages of *The Well-Crafted Mom* you'll find reassurance, see yourself in familiar stories, and discover ideas for crafting your beautiful life.

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