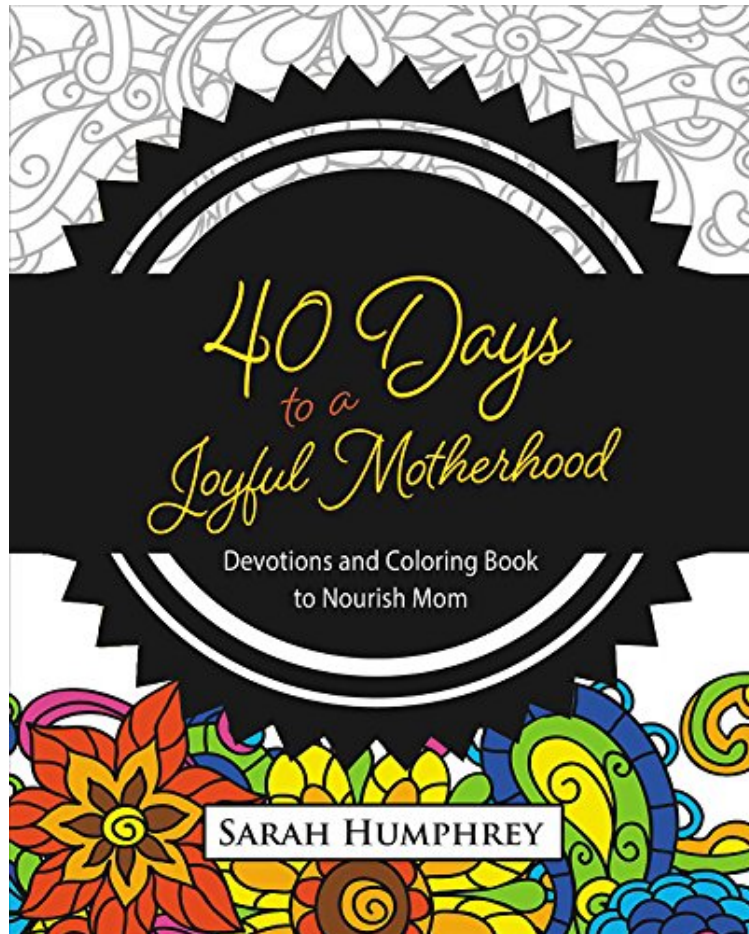


40 Days to a Joyful Motherhood: Devotions and Coloring Book to Nourish Mom

Sarah Humphrey

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mom!

Wouldn't it be marvelous if mothering came with a concrete set of instructions an easy recipe we could follow? Instead, motherhood challenges women to find their faith, their true selves, and their family through daily doses of trial and error. It is a brilliant and healing time of life that is full of joy, pain, and beauty with a small side of crisis (and humor). What mothers do not know, they learn. And through this lifelong process of learning, they nurture and care for the most precious gifts on earth: children. In a modern society where moms often have a full and busy plate, these 10 minute daily devotions focus on six key topics of motherhood: Self-acceptance Self-care Reconciling with grief, hope and expectations Generosity Presence Forgiveness In addition to the devotions, these beautiful pages are adorned with handmade illustrations to help you refresh from long days or even occasional sleepless nights. So, grab your colors and a little quiet time for yourself while doodling at the kitchen table. You will be grateful you did!

About the Author Often considered a dreamer and silly heart, Sarah Humphrey uses inspiration from her most beloved career, motherhood, to fuel her passion for writing, creative movement and teaching. She has and is authoring several books and childrens books. Sarah currently resides in Nashville, Tennessee with her husband and three beautiful, bouncy kids.