



# Reinventing Mom: Seven Pathways to Becoming the Mom and Woman You Are Meant to Be

*Kelly Pryde*

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You're on demand 24/7, juggling children, home management, work, relationships, and never-ending to-do lists. You perform superhuman feats of multitasking to get it all done, but the harder you strive for life balance and happiness, the more tired, frustrated, and underappreciated you feel. Like many moms today, you are simply running on empty. In this guide, Kelly Pryde, Ph.D. combines real-life experiences with extensive research to help you step out of the hurried foggiess of everyday juggling into a deeper, more joyful experience of motherhood. Her seven pathways of reinvention will help you learn how to: turn around self-limiting beliefs and practices; reclaim your feminine wisdom and restore your energy and mood; rethink balance and priorities; find joy, meaning, and peace of mind amidst the chaos; slow down and reconnect with what matters most to you and your family Filled with practical advice, inspiring stories, and a wealth of resources, Reinventing Mom will support, nurture, and guide you toward becoming the Mom and woman you are meant to be.

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