



# **Motherhood Stress: It Causes More than a Few Grey Hairs!: Spirituality for Moms Series (Who Me? Full of Grace? Spirituality for Moms Book 1)**

*Patricia M. Robertson*

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## **Motherhood Stress: It Causes More than a Few Grey Hairs!: Spirituality for Moms Series (Who Me? Full of Grace? Spirituality for Moms Book 1) Patricia M. Robertson**

Who Me? Stressed? Mothers of young children experience a multitude of stresses. There's lack of sleep, changing diapers, cleaning spit-up and vomit, caring for sick children, getting school aged children to school each morning, juggling career and parenting and trying to maintain some semblance of balance and sanity. This book looks at the many stresses experienced by mothers and how to cope with this stress. It provides practical suggestions that can be easily implemented, including how to develop a stress action plan.

Book one of the Spirituality for Moms Series which is designed to help mothers realize the rich spirituality that is theirs amidst the stress and challenges that make-up their daily reality.

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