



The Empowered Mama: How to Reclaim Your Time and Yourself while Raising a Happy, Healthy Family

Lisa Druxman

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The Empowered Mama is a practical and interactive workbook full of simple, powerful tools to help moms reconnect with themselves on the journey through motherhood.

Moms often try to **juggle the roles** of wife, mother, and homemaker while also being professional, competent women. Many moms feel like they can't take time to replenish their bodies and minds, despite their many roles. There's **just not enough time in the day**, and it seems selfish to take time when families and work still demand more.

The Empowered Mama is a **practical workbook** full of simple, powerful tools to help you **reconnect with yourself** on the journey through motherhood. Author Lisa Druxman **uplifts, inspires**, and takes moms on a journey not just to rediscover themselves, but to **fall in love with motherhood again**. Whether you are a working mom or a stay-at-home mom, this book will add balance to your life.

Since there will never be more hours in the day, *The Empowered Mama* will help you maximize the hours you do have to accomplish what matters most. This guide focuses on **all parts of a mom's life**—work relationships, built-up stressors, cleaning up your diet, even going green and being more mindful about the environment—all with the intuitive understanding that getting the rest of your life in order will only **reap huge dividends for your family**.

The Empowered Mama: How to Reclaim Your Time and Yourself while Raising a Happy, Healthy Family Details

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From Reader Review The Empowered Mama: How to Reclaim Your Time and Yourself while Raising a Happy, Healthy Family for online ebook

Rebecca says

I was lucky to receive a copy of this book as a giveaway in my Fit4Baby class. I didn't attempt the workbook components, and this is not my usual style of book (I'm not a big self-help reader). I also think this might be better suited to a (non-pregnant) mother of older children. However, I enjoyed some of the tips and tricks, and reminders of good habits and mental work.

Kathryn at Book Ink Reivews says

A copy of this review can be found at [Book Ink Reviews](#).

Thank you to NetGalley, Lisa Druxman, and Quarto Publishing Group-Fair Winds Press for this free ARC in exchange for an honest review.

In a sweetly colored work-guidebook combo, Druxman encourages mothers to take back their sense of self. Through exercises in self-care, encouragement to say no, and monthly challenges, mothers are reminded that they matter, too, and are given the tools to live a purposeful life while gaining the keys back to the soul they may be out of touch with.

While her heart seems to be in the right place and some of her suggestions hold true value, I also found myself raising my eyebrows at suggestions of hiring a laundry company or a virtual assistant to free up time during the day. Add in that the entire introduction is about "getting your body back" and a discussion on the evils of GMOs--while some are not the best to eat, others are healthy (think seedless grapes and sweet corn)--I found myself eye-rolling more often than nodding along.

I stuck with it until the very end and I found it redeemed itself a bit with the sections on giving, courting your spouse, and practicing gratitude.

If you're a mother desperate for any answers to help your mind and your life find peace, this is absolutely for you. But, if you're like I was and just looking for a sweet soulful lift on motherhood itself, take a pass.

Alexandra says

It's a book organised like a yearly challenge, through 12 chapters. Although peppered with some common sense, useful advice, it is also equally peppered with tiresome hashtag style ads to the author's business and impractical or plain awkward advice for the average person (e.g. hire help; organise family meetings - I get the idea, but it sounded so forced... same with getting kids used to money being taken away by skimming 10% off their allowance for charity). Read it as it is a short read and take out of it the useful and relevant stuff and skip what you don't like. A very good resources list at the end to explore the topics most interesting

to you.

Sarah says

This book has a lovely, colorful layout and gives encouragement and practical tips to help you care for yourself. It includes lots of room to journal about reflection questions. It would make the perfect gift for a new mom, or any mom!

I received an ARC from NetGalley. It will be released on November 17, 2017.

Marissa says

I started listening to Lisa's podcast (Motivating Mom) right after my daughter was born and I was struggling with depression. It was a way for me to take some time for myself while I was running or on the rare occasions I was in the car alone. I have grown to really love and appreciate her wisdom in motherhood. She has lots of amazing ideas and practices that have really shaped my own mothering journey. I loved how this book was a culmination of all the things I've been hearing her talk about - and put together in a very practical format with ways to help me set goals and stick with them! I'm really excited to use this book throughout 2018!

Julie says

I had the impression, and this is only my opinion, this book was written for the overwhelmed mother that did not have the needed support of her partner. I fortunately have that and beyond from the wonderful man I share a life with. Although this book wasn't for me, and my take away was very minimal, I did enjoy that the author's writing style was as if you were hearing the advice from a friend. This is an easy and quick read filled with a multitude of workbook activities. I found these to be insightful and a good place to reflect. I appreciated the clean, clear and bright layout of this book as well.

If you are an overworked mama struggling with time management when caring for your whole family and you would like insight on ways to refocus and improve on your time to improve the well being of your family as a whole, then this book is recommended for you.

A copy was kindly provided by NetGalley on behalf of the publisher.

Mandy Umberger says

This is a great book for every mom. The book itself is beautiful. It's easy-to-apply workbook style advice has helped me feel more calm throughout my day. As a mother to 2 young children, I feel more in control and less overwhelmed. I like Lisa's writing style, like you are chatting with a good friend. I also listen to her podcast, I can't get enough. :)

Helena says

This was a fun/easy read with space to reflect and take notes! I recommend it for new moms.
