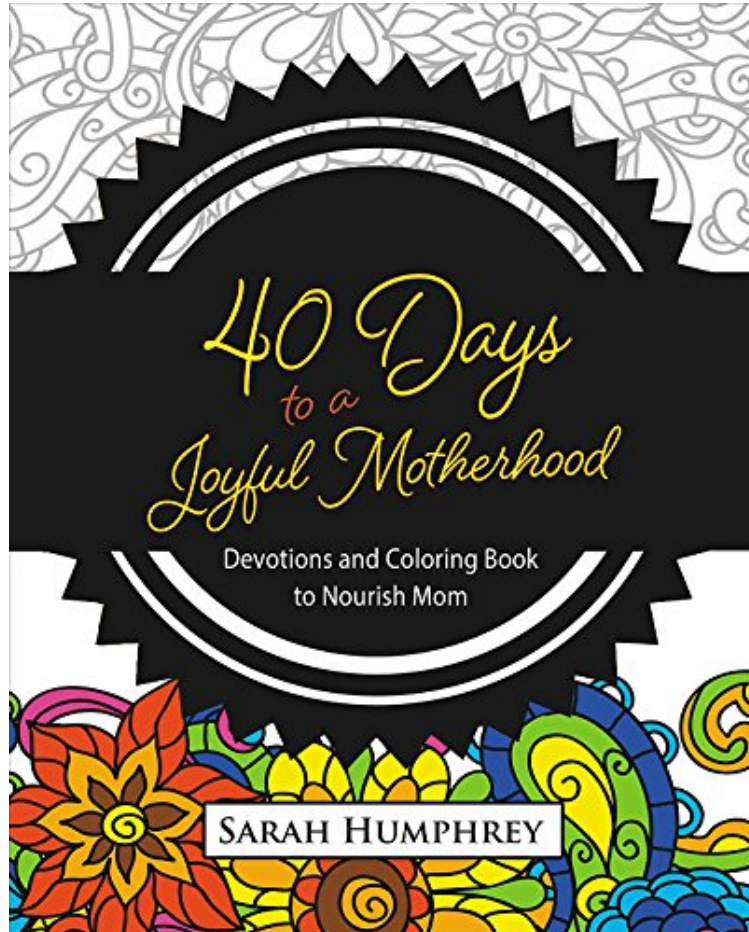


## 40 Days to a Joyful Motherhood: Devotions and Coloring Book to Nourish Mom

Sarah Humphrey

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**Sarah Humphrey : 40 Days to a Joyful Motherhood: Devotions and Coloring Book to Nourish Mom** before purchasing it in order to gage whether or not it would be worth my time, and all praised 40 Days to a Joyful Motherhood: Devotions and Coloring Book to Nourish Mom:

0 of 0 people found the following review helpful. Great book and devotional!By CustomerExcellent book! Beautiful devotional and much needed destressor! I highly recommend for all the mommas out there!0 of 0 people found the following review helpful. Lovely BookBy KDI look forward to sitting down with a cup of coffee everyday. It is relaxing. It reminds us in unique ways about how to find the joy in this challenging stage of life. I have invited a few neighbors to join along with me and we are meeting next month. Thank you sarah for creating this book.0 of 0 people found the following review helpful. Must have for any momma!By Lynnette BlizzardAbsolutely loving the daily devotions, the reflections and stories written leading into each new 5 day period, and the camaraderie that the author

creates in her Facebook group coordinating the daily readings. Highly recommend whether you're a new or seasoned 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 children's books. Sarah currently resides in Nashville, Tennessee with her husband and three beautiful, bouncy kids.