



The Mother Load: How to Meet Your Own Needs While Caring for Your Family (Hearts at Home)

Mary M. Byers

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Motherhood is an intense, 'round-the-clock job. To stay healthy and happy, moms need friends, laughter, solitude, balance, and an intimate relationship with the Lord. But exactly how do moms meet these needs while juggling family responsibilities? Mary Byers, the mother of two lively young kids, shares how moms can find small pockets of time to—

- rest and refuel
- create personal space
- make time for friendship, exercise, and intimacy
- identify and prevent “balance busters” that create chaos
- creatively stay sane in the midst of mothering

The Mother Load offers down-to-earth suggestions, spiritual truths, and real-life advice from moms to help women survive and thrive in today's active families. Includes questions for group discussion and personal reflection.

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Terry Brown:

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