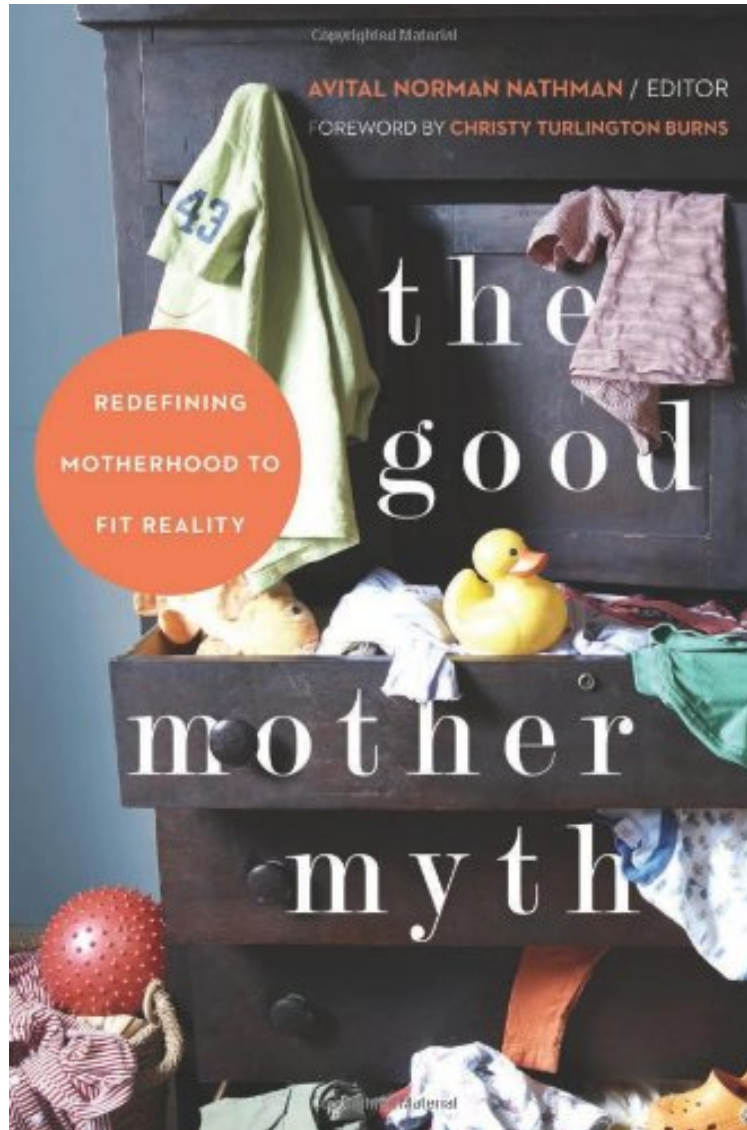


(Mobile ebook) The Good Mother Myth: Redefining Motherhood to Fit Reality

The Good Mother Myth: Redefining Motherhood to Fit Reality

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From Brand: Seal Press : The Good Mother Myth: Redefining Motherhood to Fit Reality before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Good Mother Myth: Redefining Motherhood to Fit Reality:

2 of 2 people found the following review helpful. Helped me believe that I COULD be a mother By Prime Member I can't sing the praise of this book enough. Seriously. I've struggled with self doubt, depression, anxiety, and eating disorders so badly that I didn't think I could, should, or would have kids. Obviously it takes more than a book to

overcome those battles, but I can honestly say that THIS book set me on the right path to discovering the truth about all the automatic negative thoughts I was having and how much of those were not founded in anything but myths and lies. A few months after reading this book, my husband and I decided to start trying to conceive. We've been unsuccessful, but I have a firm foundation of belief, hope, faith, and desire to be a mother now and I give some credit to this book. It's one to buy and have to read and re-read.

6 of 7 people found the following review helpful. A must read for all mothers

By Lucy Nelson This anthology is just wonderfully put together, and in a word: validating. As a mother of two young children I often have a hard time getting out of my own way, and relaxing around parenting. Am I doing enough? Is the TV on too much? Was that broccoli organic? Will they even eat it??? Parenting can make anyone feel crazy. This anthology of thoughtful essays on motherhood is organized well, and each essay made me realize different things about myself as a mother. The essays are very interesting, with a strong, clear voice, and short, so it's easy to read in short bursts (you know, if you should be doing something like playing with your children instead of reading, etc). I especially appreciated the last two sections - about unconventional mothers like teen moms and lesbian families, and about mothers who overcame odds to be the good mothers they never had and the adoptive mother. After finishing the book, I felt a deep kinship to other mothers. Because we're all trying to live up to that Good Mother Myth... that doesn't actually exist. I will be giving this book out at baby showers from now on! All mothers deserve encouragement, and this book provides it by saying, "See? There are other mothers out there like you, that are just trying to do their best, that have overcome challenges, that take the easy way out sometimes, that might do things a little differently... and they're all good mothers."

1 of 1 people found the following review helpful. You'll reconsider the definition of a "good mother," whatever that definition means to you. Warm, wonderful and hilarious.

By Hudson Yogi This is the book for all of us less-than-perfect women who sometimes think we're the worst mothers in the world for x,y,z reason compared to another mother or group of moms. The point of the book is that there is no perfect, or "good," mother. It's a fallacy. We're all just Moms, with a capital M, doing the best we can. This book includes short stories about moms from all walks of life doing the best they can to be the best moms they can be, whatever that means to them and their kids. I especially love the story in the book about Facebook posts. The author draws you into hilarious and meaningful, empathetic distinctions between what she wrote on Facebook about her day with her kids, and what really happened off-screen. It's fantastic. I laughed, I cried and then I got a copy for my friend for her birthday. We always joke that we're going to fall out of the running for "Mother of the Year" when we do something less than perfect. This book reminds us that there's no such thing.

In an era of mommy blogs, Pinterest, and Facebook, *The Good Mother Myth* dismantles the social media-fed notion of what it means to be a "good mother." This collection of essays takes a realistic look at motherhood and provides a platform for real voices and raw stories, each adding to the narrative of motherhood we don't tend to see in the headlines or on the news. From tales of mind-bending, panic-inducing overwhelm to a reflection on using weed instead of wine to deal with the terrible twos, the honesty of the essays creates a community of mothers who refuse to feel like they're in competition with others, or with the notion of the ideal mom--they're just trying to find a way to make it work. With a foreword by Christy Turlington Burns and a contributor list that includes Jessica Valenti, Sharon Lerner, Soraya Chemaly, Amber Dusick and many more, this remarkable collection seeks to debunk the myth and offer some honesty about what it means to be a mother.

"Refreshingly honest, frequently funny, and overall intelligently self-reflective, these voices reassure the anxious and guilt-ridden that 'there is no such thing as a good mother. There is only the good enough mother.'" Publishers Weekly