



Taking Care of the Me in Mommy: Becoming a Better Mom: Spirit, Body and Soul

Lisa Whelchel

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As moms we love to serve and nourish our families. But if we don't learn to rest and receive we run on empty and end up not being the moms we so desperately want to be. *Taking Care of the ME in Mommy* will show you how to take care of yourself: spirit, body, and soul.

- Find more time in your day
- Exercise your brain and your body
- Enjoy friends and hobbies
- Learn how to incorporate prayer and scripture into your daily routines

Filled with practical advice and time-saving tips, you'll feel refreshed, energized, and ready to pour the *true you* into the ones you love!



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