



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

*Sarah Humphrey*

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

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!

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