

Contents

Foreword by Rachel Swenson Balducci.....	ix
Introduction: Fear in Mothering.....	xi
1. Queen Mommy	
Motherhood Is Not the Most Important Job a Woman Has.....	1
2. I Love Motherhood—Except When I Don’t	
You’re Not Supposed to Enjoy Every Moment.....	15
3. Perfectionism, Supermom’s Kryptonite	
Being Imperfect Is All That Is Expected of You	29
4. Let the Mothering Games Begin!	
Motherhood Is Not a Competition.....	43
5. Mom the Martyr	
Don’t Be a Martyr for Your Children.	55
6. I Am Mother! Hear Me Roar!	
Your Child’s Success Is Not a Measure of You.....	69
7. The Old Woman Who Lived in a Shoe	
Embrace Your Unique Stage in Motherhood.....	79

8. When There's No Joy in Mothering or in Life
 Being a Mom Is Hard, but You Don't Have to Do It Alone..... 91
Conclusion: Finding Freedom from Fear in Mothering 107
Afterword by Lisa M. Hendey..... 115
Acknowledgments 119
Appendix A: Additional Resources 121
Appendix B: Reading Group Guide 123
Notes..... 137