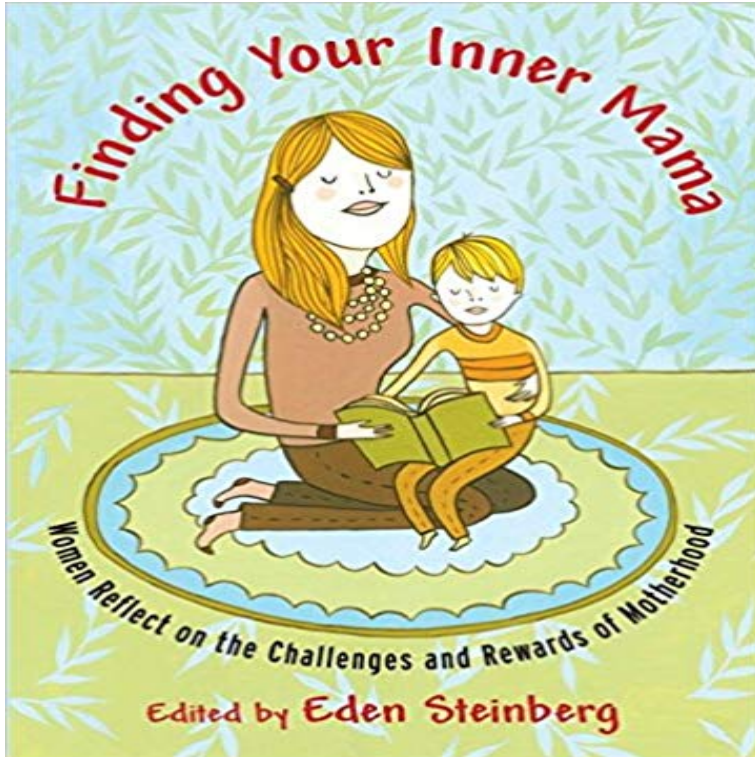


Finding Your Inner Mama: Women Reflect on the Challenges and Rewards of Motherhood



Motherhood can be one of the most intense and transformative experiences of a woman's life. While there are many books that offer the dos and don'ts of effective parenting, few offer guidance on navigating the tumultuous inner experience of being a mother, with all its joy, pain, change, and uncertainty. This collection of writing by psychologists, poets, novelists, spiritual teachers, and everyday moms explores the rich, transformative journey of motherhood. Poet and novelist Louise Erdrich captures the sheer wonder and awe of early motherhood. Self-described hip momma Ariel Gore reflects on the challenges of dealing with her daughters' adolescent rebellion. Journalist Joan Peters highlights the rise of the Power Mom and the risks of overparenting to our children and ourselves. Zen teacher Cheri Huber shares a spiritual perspective: sometimes it's us parents who need a time out so that we can be more fully present and loving with our children. Previously published in hardcover under the title *Your Children Will Raise You*.

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