



# Moms to Moms: Parenting Wisdom from Moms in Recovery

*Barbara Joy*

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## **Moms to Moms: Parenting Wisdom from Moms in Recovery** Barbara Joy

Being a mom is one of the hardest and most important jobs a woman can have. Being a mom in recovery is even more challenging.

In *Moms to Moms*, counselor Barbara Joy shares the stories, advice, and inspiration from more than 60 mothers in recovery from across the United States who have struggled with addiction. These are women of all ages, races, and religious affiliations who candidly share their experiences: the challenges of being a mom in recovery, the values they want to teach their children, and their fears, struggles, and accomplishments.

This is a book that offers help and hope to busy, stressed out moms in recovery; a book they can turn to again and again to find inspiration, comfort, and advice. Joy offers evaluation tools and strategies for positive parenting, journaling activities for reflections, and affirmations designed to relieve stress and reinforce positive behavior.

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**Barbara Joy**

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#### **Richard Segers:**

Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you will have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Moms to Moms: Parenting Wisdom from Moms in Recovery, it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

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