



The Bathtub Is Overflowing but I Feel Drained: How to Defeat Mommy Stress

Lysa TerKeurst

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Lysa TerKuerst, mother of five and President of the Proverbs 31 Ministries, knows about the bouts of “mommy stress” that come with parenting and managing a home and a life. From her own experience and conversations with hundreds of other women, Lysa shares how mothers can release their mommy guilt when they—

- turn to God for support, peace, guidance, and patience
- stop blaming their parenting every time a child does wrong
- let kids live with the consequences of their bad choices
- simplify life to create breathing room
- quit comparing themselves to the “perfect” moms

Overflowing with practical ideas, short Bible studies, and plenty of encouragement, this inspiring resource will help overwhelmed mothers turn to God’s grace as their lifeline.

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