



Easy Does It, Mom

PARENTING IN RECOVERY



BARBARA JOY

Easy Does It Mom Parenting In Recovery

Rachael Brownell



Easy Does It Mom Parenting In Recovery:

Easy Does It, Mom Barbara Joy, 2009-05-01 Every mom wants to succeed Every child also wants to succeed In *Easy Does It Mom* Barbara Joy provides moms with positive encouragement knowledge and tools they can begin using immediately as they continue their recovery and move toward being the best moms they can be Joy relies on experts with degrees and experts with mom behind their name For more than ten years Barbara Joy has worked with moms in recovery from alcoholism and other addictions She knows what works Plus she includes real life stories and strategies from the moms and children she works with The reader is guided by a professional and encouraged and inspired by moms who have been there done that Because moms in recovery feel more safe and secure in a familiar and consistent environment each chapter begins with an encouraging saying and ends with a writing activity plus between four to eight clear and concise keys are presented in the chapter an at a glance tools reference section For moms in recovery Barbara says Other than your recovery I believe that parenting is the most important job you ll ever do It may also very well be the hardest job you ll ever do And for sure the most rewarding *The Seasons of Change* Carol L. McClelland, 1998-01-01 A wise helpful book that provides practical tools for one of modern life s greatest challenges Change True help for everyone no matter what difficult or exciting transition you are in Provides a model based on the four seasons to help align you with natural forces Using a simple questionnaire you can discover where you are in your transition process how to move forward and how to not get off track Includes advice for building a strong support network for times of change **The Publishers Weekly**, 2009 *Roots and Wings* Dan Mager, MSW, 2018-07-17 Quality parenting doesn t happen by accident or coincidence it necessitates conscious awareness and intentional effort Designed to guide parents in recovery so they can nurture healthy family dynamics through mindfulness *Roots and Wings* will help people develop awareness and skills to become the parents they want to be and the parents their children need **Mommy Doesn't Drink Here Anymore** Rachael Brownell, 2009-08-01 Gives the reader insight not only into the effects of addiction on the entire family but solutions for those in the grips of family trauma Barb Rogers author of *If I Die Before I Wake* With three children under five a set of twins and a newborn Rachael Brownell wanted to feel like an adult again So she turned to three bottles of white wine a night Through wit and honesty Brownell lets readers into her world of addiction but also towards hope Examples of community wisdom and support provide a map for anyone trying to get through the early stages of recovery Learn how a couple of glasses of wine lead to a big problem Understand how mommy cocktail groups and the desire to feel like more than a mommy can lead to addiction In *Mommy Doesn't Drink Here Anymore* you will find The good the bad and the ugly of parenting The truth about the first year of recovery Hope for a light at the end of the tunnel Whether you are struggling to reconcile your addiction or looking for guidance as a mother woman human being Brownell s journey of self awareness and self discovery is sure to motivate and inspire A triumph of a memoir for all women enduring Rebecca Woolf author of *Rockabye From Wild to Child* Comfort encouragement and support are interwoven with

her words A gift for anyone who is seeking their own Truth regarding addiction and recovery Barbara Joy author of Easy Does It Mom In this frank memoir she journals her slide into alcoholism and her first year of recovery Brownell doesn't pull any punches about the ugly side of her addiction Library Journal **Roots and Wings** Dan Mager, 2025-10-31 Roots and Wings Mindful Parenting in Recovery provides readers with a comprehensive yet user friendly approach to attuned skillful parenting Parenting Children in Unstable Times Ruth P. Arent, 1993 Identifies seventy two potentially dangerous or unstable situations that children could encounter and offers advice for parents on resolving or preventing trouble

Divorce and New Beginnings Genevieve Clapp, 1992-04-03 Explains how to rebuild your life after divorce and become a single parent or part of a stepfamily **School Psychology Review**, 1995 The Relaxed Parent Tim Smith, 1996 If you are looking for a fun book that offers practical advice on how to relieve the stresses of parenting this is it Tim Smith offers fourteen practical principles for becoming a relaxed parent **Moms to Moms** Barbara Joy, 2011-09-01 These pages offer a community of compassion Joy masterfully weaves engaging stories from moms with the threads of her own wise guidance Mary Anne Radmacher author of Lean Forward into Your Life 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 Being a mom is living a role What every woman wants and needs is an authentic life of her own So read and learn how to find your life and give birth to your new self Bernie Siegel M D 1 New York Times bestselling author of Love Medicine and Miracles This book is raw and real yet loving and gentle You will feel understood validated and inspired by Joy's wisdom and practical advice You will want to read this book cover to cover and then keep it on your nightstand for continuous inspiration Jane Nelsen author of Serenity and Positive Discipline Walking the Parenting Tightrope Russ Robinson, 2005 Is your family life a circus Play the tightrope walker Russ Robinson shows you how to balance the tensions every parent faces with a new approach to parenting called polarity management **The Video Source Book** David J. WEINER, 1990 **The Christian Outlook**, 1996 McCall's, 1991-04 *Video Source Book* Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Stronger (What Doesn't Kill You)** Sandy L. Sherman, 2017-06-09 Find The Love Patience and Insight to Take Your Life Back What does it look and feel like to be a Mother of an Addict How does a Mother's unconditional

love help her child s addiction Sandy Sherman is a Mother of 2 addicts a Daughter and a Son For 5 years she felt her life was spiraling down into a pit of despair fear helplessness grief that was consuming her life She felt alone and humiliated and the dreams she had for her kids were all gone as she witnessed their addictions take over their bodies and souls Sandy learned to live her life by deciding to take her life back Through educating herself about the disease of addiction by reading talking with other Mom s helping to counsel others and sharing her story she has written Stronger in hopes of inspiring Mom s to take action *Sesame Street Magazine* ,1989 1972 include special issue Sesame Street annual **Bowker's Complete Video Directory** ,2000 **Business Periodicals Index** ,2005

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Table of Contents Easy Does It Mom Parenting In Recovery

1. Understanding the eBook Easy Does It Mom Parenting In Recovery
 - The Rise of Digital Reading Easy Does It Mom Parenting In Recovery
 - Advantages of eBooks Over Traditional Books
2. Identifying Easy Does It Mom Parenting In Recovery
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Easy Does It Mom Parenting In Recovery
 - User-Friendly Interface
4. Exploring eBook Recommendations from Easy Does It Mom Parenting In Recovery
 - Personalized Recommendations
 - Easy Does It Mom Parenting In Recovery User Reviews and Ratings
 - Easy Does It Mom Parenting In Recovery and Bestseller Lists

5. Accessing Easy Does It Mom Parenting In Recovery Free and Paid eBooks
 - Easy Does It Mom Parenting In Recovery Public Domain eBooks
 - Easy Does It Mom Parenting In Recovery eBook Subscription Services
 - Easy Does It Mom Parenting In Recovery Budget-Friendly Options
6. Navigating Easy Does It Mom Parenting In Recovery eBook Formats
 - ePub, PDF, MOBI, and More
 - Easy Does It Mom Parenting In Recovery Compatibility with Devices
 - Easy Does It Mom Parenting In Recovery Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Easy Does It Mom Parenting In Recovery
 - Highlighting and Note-Taking Easy Does It Mom Parenting In Recovery
 - Interactive Elements Easy Does It Mom Parenting In Recovery
8. Staying Engaged with Easy Does It Mom Parenting In Recovery
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Easy Does It Mom Parenting In Recovery
9. Balancing eBooks and Physical Books Easy Does It Mom Parenting In Recovery
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Easy Does It Mom Parenting In Recovery
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Easy Does It Mom Parenting In Recovery
 - Setting Reading Goals Easy Does It Mom Parenting In Recovery
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Easy Does It Mom Parenting In Recovery
 - Fact-Checking eBook Content of Easy Does It Mom Parenting In Recovery
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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