



Grumpy Mom Takes a Holiday: Say Goodbye to Stressed, Tired, and Anxious, and Say Hello to Renewed Joy in Motherhood

Valerie Woerner

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Valerie Woerner's self-help book *Grumpy Mom Takes a Holiday* has moms at its heart and God at its center.

Modern mothers are too often pressured to do everything perfectly, amplified by Instagram's many examples of people who are faring better. This book answers the pleading question "Is this all there is?" with a resounding "no!" Its advice will help women live fuller lives of faith while carrying less of a burden. It is practical, easy to implement, and spiritually sound, showing how to shed perfectionism and embrace God's joy through ups and downs, shifting from worry to prayer and from comparisons to genuine connections.

The book moves beyond misconceptions about moms of small children and shows empathy for the real pain that mothers carry as they try to follow God and raise their children. Its voice is easy to relate to, full of heart and understanding, but the text doesn't just offer commiseration: it's a call for grace, but also for steadfast pursuit of God, even when the kids are climbing the walls.

The organization of the book has busy, frazzled moms in mind: chapters are short and fast-paced, with lots of headings. Clear and compelling chapter titles like "You Don't Have to Be Joan of Arc" and "The Not-So-Quiet Time" make it easy to connect and dive in, while subtitles keep the focus positive and welcoming: "Freedom from Guilt," "Breathing Room," and "Worry-Free Parenting." Each chapter ends with a key verse, prayer, and simple, transformational action steps like "Keep a Bible open on the counter," "Refuse to call yourself and others a hot mess," and "Create a 'things I don't do' list."

Grumpy Mom Takes a Holiday answers the Christian mother's call for *more*—for herself and her family.

MELISSA WUSKE (May/June 2019)

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