

Mothering with Courage: The Mindful Approach to Becoming a Mom Who Listens More, Worries Less, and Loves Deeply

Bonnie Compton

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Motherhood is not all cuddles and kisses. It is difficult, messy, and exhausting. *Mothering with Courage*, by Bonnie Compton, shares information and advice on how to make mothering a more rewarding job while raising happier, healthier children.

This book asks mothers to examine the relationship that they have with their children and discusses topics including hopes and dreams, teaching and learning from children, and behavior and discipline, as well as each mother's unique history that guides and shapes how she interacts with her kids. Practices as simple as setting aside a few minutes each day to connect with the children begins the process of learning what is needed to nurture a more open, honest relationship. Central to this is the idea that a mother already knows what is best for her and her family, and that she must learn to trust and follow her intuition.

The organization of this book makes it an easy resource to refer to over and over again. There is a summary at the beginning of each chapter that is particularly helpful in understanding what is to come. Lists of thought-provoking journaling questions throughout the book help mothers to identify what really matters and will be worth revisiting: "When do you feel most connected with your children? When do you feel least connected?" Finally, an appendix at the end of the book is full of tips that serve as reminders of the lessons learned and will certainly be valuable throughout the child raising years.

It is easy to get lost in the daily tasks of motherhood. It is not so easy for a mother to navigate through parenthood staying aware of both her goals as a mother and her child's true needs. This is exactly what *Mothering with Courage* teaches moms to do. Motherhood may not be easy, but *Mothering with Courage* may help to make it a far more rewarding experience.

CATHERINE REED-THURESON (May/June 2017)

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