



Serve Your Way to More Money

Jennifer Hays

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Wouldn't it be great if moms automatically received mentors? Sage women who would walk beside them, supporting, encouraging, and providing nonjudgmental advice through the ups and downs of mothering? And reminding them of the importance of caring for themselves in the process? In MOMentous Health, Debby Henry provides that mentoring spirit as she intertwines her own story with those of other moms while exploring seven principles essential for S-H-A-P-I-N-G a better world, one mom at a time: Simplicity, Humor, Authenticity, Perseverance, Intentionality, Nourishment, and Grace. MOMentous Health is an easy, yet meaningful read that aims for the mind, the body, and the soul. Captivating stories with a touch of humor that will make you laugh in between realizations combine with personified illustrations, life-application sections, and a field-tested PMS (physical, mental, spiritual) plan that foster an engaging and truly momentous experience for mothers of any age or stage. In short, MOMentous Health is a: Book for perfectly imperfect moms. Guide for overcoming the obstacles of motherhood. Plan for PMS: physical, mental, and spiritual wellness.

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