



# The 7 Stages of Motherhood: Loving Your Life without Losing Your Mind

*Ann Pleshette Murphy*

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## **The 7 Stages of Motherhood: Loving Your Life without Losing Your Mind** Ann Pleshette Murphy

This refreshingly candid parenting book puts mothers—not children—center stage. Ann Pleshette Murphy provides a reassuring, wise, and often wildly funny mix of anecdotes and advice as she describes the seismic shifts in women’s lives and identities from pregnancy through a child’s graduation. She draws on countless conversations with mothers and with child development experts she has met as the parenting contributor to *Good Morning America* and as the former editor-in-chief of *Parents* magazine. The mother of two, Murphy freely shares her own trials and errors in stories that will have readers laughing in relief and recognition. Written with wit, warmth, and unfailing empathy, *The 7 Stages of Motherhood* is an exuberant and indispensable guide to making the most of motherhood.

### **Words of Wisdom for Every Stage of Motherhood**

**\_ Forget the “mothering comes naturally” myth:**

*And don’t be afraid to ask for help*

**\_ Avoid keeping up with the Joneses:**

Give your kids what they need, not everything they want.

**\_ Know when you’re in the wrong movie:**

*Don’t try to cast your kids in a remake of your childhood.*

**\_ Give yourself credit for finding Lego Man’s hair:**

*Little acts of caring matter more to your kids than getting through your to-do list*

**\_ Be a mother, not Mother Teresa:**

*When you neglect your own needs, you shortchange your kids*

*From the Trade Paperback edition.*

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