

Raise your hand if you can identify with any of the following: -You would love an afternoon to yourself with your Canon DSLR immersed in taking photographs in the woods, but the thought of putting your own needs first fills you with an immense sense of guilt. -You love being a mom but feel like you are going to scream if you are asked to play another round of Candyland. -You feel like your days revolve around bringing your kids to and from school and shuffling them from soccer practice to piano lessons to the grocery store, and you're lucky if you have five minutes to read from your latest issue of Real Simple. -You used to love to do creative activities like writing poetry, knitting socks, or painting, but since becoming a mom you don't have the time or money to do the things that used to bring you so much joy. As a mom, it's easy to feel overwhelmed, isolated and like you have no time for yourself. There are mouths to feed, seven loads of laundry piled up next to your washing machine waiting to be folded, and little people to usher around. With a mile-long to-do list and expenses up the wazoo, it's all too easy to forsake the things that make you happy. What if you could find ways to take care of yourself and make time for those creative activities that fulfill you and bring you immense joy? What if not only can you make time for your creative interests, but doing things that make you happy also make you an awesome mom? (Not that you aren't already!) Inspired by her love of being both a mom and a creative with my own interests, Bev Feldman put together this workbook to inspire you to infuse your own creative loves into your daily life. In this fun and interactive workbook, you'll find -Quotes from real-life moms about the importance of creativity in their lives and how they make time for their interests -Interviews with life coaches and therapists who specialize in working with moms -21 worksheet pages to reflect and apply what you have learned to your personal life -7 art prints with inspirational quotes about creativity -Tips on letting go of mom guilt, bringing your creative interests into those everyday mundane chores you dread, managing your time, and involving your children in the things that make you happy Make time for the creative activities you enjoy and bring that creative spark!

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