



The Happiest Mom: 10 Secrets to Enjoying Motherhood

Meagan Francis

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From the editors of Parenting magazine and the popular parenting blogger Meagan Francis. The Happiest Mom shows us that motherhood is not an obstacle to joy. Drawing on recent happiness research, conversations with hundreds of other moms, and her own experience as a mother of five, Francis shares her ten secrets to happy motherhood in this down-to-earth, funny, and accessible book. Praise for The Happiest Mom: "I found myself underlining passages and laughing out loud in recognition. This thoughtful, hilarious look at motherhood is a terrific resource for anyone who wants to be the happiest mother she can be." —Gretchen Rubin, author of The New York Times bestseller The Happiness Project "This book takes the revolutionary approach that you can be a good parent while actually enjoying yourself." —Ada Calhoun, author of Instinctive Parenting and founding editor-in-chief of Babble.com "The Happiest Mom is packed with the sort of advice you need when you are about to lose it. Every mom needs this book."--Jenna McCarthy, author of The Parent Trap "Francis covers a slew of helpful topics aimed at making your life easier and well, happier in a way that make you go, "Aha! I can do that." —Kristen Chase, publisher & CEO, Cool Mom Picks "The Happiest Mom is stuffed with tips that made us feel relieved rather than burdened." —Heather Flett and Whitney Moss, coauthors of The Rookie Mom's Handbook "Reading this book is like chatting with your girlfriend and getting all the support, advice, and laughs you need." —Brett Paesal, author of Mommies Who Drink

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