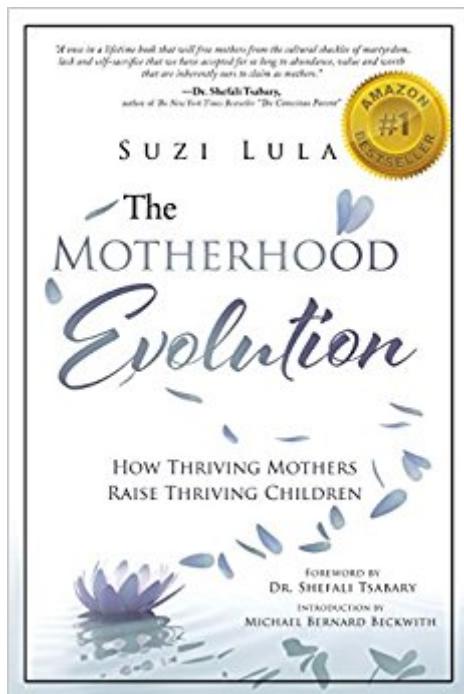


The book was found

The Motherhood Evolution



Synopsis

The Motherhood Evolution challenges conventional thinking that says that mothers must sacrifice themselves if they are to be good mothers. Suzi provides a new vision of motherhood, giving us permission to thrive, taking us from overwhelm and exhaustion to a life overflowing with joy, meaning and most of all, real connection with our children. The Motherhood Evolution proves out to us that caring for ourselves and thriving is the BEST thing we can do as mothers! SuziLula.com Â

Book Information

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Customer Reviews

"The Motherhood Evolution is a once in a lifetime book that will free mothers from the cultural shackles of guilt, martyrdom, lack and Self Sacrifice that we have accepted for so long to Self Care, fulfillment and worth that are inherently ours to claim as mothers. I can't recommend this book highly enough." - Dr. Shefali Tsabary, New York Times Best Selling Author, *The Conscious Parent* and *The Awakened Family* Â "A groundbreaking and important offering! In this wise and powerful guide, Suzi reminds us that we shortchange ourselves and our children when we neglect ourselves." - Susan Stiffelman, Author, *Parenting Without Power Struggles* and *Parenting With Presence*

"The Motherhood Evolution is a powerful offering from Â a powerful teacher, sure to help countless women feel liberated from the burdens of guilt, self-abandonment and the sheer exhaustion and the sheer exhaustion that is so typical of motherhood." - Katherine Woodward Thomas, New York Times Best Selling Author, "Calling In The One" and "Conscious

Uncoupling" "Suzi Lula traces the contours of transformative self-care for mothers into the realm where true personal - and planetary - evolution is mined, that we may become a powerful force of

change within our families, society and the world at large. Suzi helps mothers navigate obstacles to seeking peace: unresolved hurts and losses for their own childhoods, along with sounds ideas for tending soul and spirit." - Marcy Axness, PhD, Author, "Parenting for Peace: Raising the Next Generation of Peacemakers" Â

I'm so grateful The Motherhood Evolution has found you! I'm literally on a mission to change the face of motherhood from one of Self Sacrifice and exhaustion to Self Care, fulfillment and happiness for every mothers on the planet! I'm seeking to prove out to mothers everywhere that caring for ourselves and thriving is the BEST gift we can give our children! My own fulfillment and happiness is the best gift can give to my son! May this book find its way to mothers everywhere seeking their own happiness!

THE MOTHERHOOD EVOLUTION provides an enlightened perspective in viewing self-care. We are shown how cultivating an abundance mindset or inner care ritual, ironically, INCREASES our capacity for authentic giving. This book debunks the fantasy of being a "good" mother and provides a rite of passage for becoming a fulfilled mother. Suzi masterfully conveys this powerful and profound message throughout her book: When we nourish our souls, we are able to connect with our "intrinsic worth" and experience abundance. Here is one of my favorite quotes from the book: "When we change the context from one of lack and deprivation to one of abundance and fulfillment, the whole experience of motherhood itself changes." It becomes clear, through comprehensive explanations and real-life examples, that when we are in touch with our abundance, we are able to create a sacred context for life experiences. In other words, when we are nourished from within, all experiences are infused with meaning. We can take this felt abundance into our day, our work, and interactions. A renewed sense of vitality can make what was mundane feel rich, what was ordinary holy, what was humdrum exciting. Suzi illuminates the importance of attuning to our internal world and inner restlessness. So undeniably do her words resonate with a profound truth when she says that we need to pay attention to the part of ourselves that is not being expressed because this is not separate from who we are. My take away from the above point: If we love to write, for example, and do not spend time writing, this creates incongruence within our Being. Suzi brings a clear and vivid understanding to the idea the very thing that energizes us, we cut off because we think we do not have time for it. Without realizing it, we stifle our unique expression and way of engaging life itself. I interpret this to be a signature expression we embody and bring into every moment. This is our intimate relationship with life itself. When we forget to nourish this relationship, our daily

expectations can seem taxing and leave us feeling depleted. Conversely, we learn from this book, that when we take the time to engage in activities that feed our soul, we can connect with our very Being or essence. It's in this space that we are not preoccupied with time; we are reminded of what it means to be fully present; what it means to be fully alive, what it means to be in "flow." Suzi is liberating so many mothers by taking the "ish" out of self first. She is shifting how we think about self-care. We can be fulfilled mothers with a *joie de vivre!* And this shift-dare I say-- is making self-care SEXY. As a mother, wife, and licensed relationship therapist, I have seen in my own life a dramatic shift when I'm practicing inner care. When I'm tending to my soul needs, which might mean listening to music to quiet my mind or writing in the early morning, I tap into a delicious energy that almost feels like a long, loving embrace. From this inner fullness, I feel greater compassion for everyone around me. I can give lovingly in all my relationships. I'm able to be more present with my child. I can see that nourishing Spirit is really a way for me to inhabit the spiritual qualities that are so natural for my child: presence, joy, ebullience, and abundance. Practicing inner care is a way for me to keep returning to my abundance. When I do this, I'm able to bring ALL of me to whatever it is I'm doing. It's the integrating of the "being" and "doing" that is transformational. This book is truly a treasure for the soul. We are invited to discover/rediscover the abundance vibrating so strongly in our children and that is inherent in everyone but has been muted by our roles and identities. This book is for anyone who would like to experience greater joy and practice **WHOLEHEARTED** living.

This book has changed the way I look at self-care. As mothers it is so easy to forget to take care of ourselves and pay close attention to our inner world. I love the way this book is written and the insights Suzi gives on ways to truly become a thriving mother so that your children and family will thrive. I have recommended this book to all the moms I know! Thank you!

Like nourishing rain drops in my difficult postpartum and transition into motherhood, Suzi's words soothed, inspired and guided me towards trusting my internal instinct and surrendering deeper into my "being" energy as a mom. Many learnings are life-long homework for me as I try to reprogram my brain around valuing sacrifice, martyrdom and selflessness even at the expense of my own spirit. Even when I fail at it miserably, I feel Suzi has forever raised my consciousness around embracing self-care over "running on empty." She advocates a massive cultural paradigm shift away from "efforting" your way toward mothering and instead

invites the world to embrace a way of being with ourselves that ultimately creates a deeper connection with whatever it is we are nurturing. Her book is a loving invitation toward a life of abundance and limitless possibilities for everyone, even moms.

I am inspired!! Inspired by being reminded of my own essence, my own potential to change my world and our world, my calling to listen to my calling. The Motherhood Evolution is the gentle hug every mother needs to propel us to fearlessly love ourselves, our children, and others.

Suzi Lula writes from a place of deep knowing--for children to thrive, motherhood must be embraced from an embodied place of joy and self-fulfillment. Liberating and motivating, she shows us that letting go of self-sacrifice for family makes possible self-care as a spiritual practice. Highly readable, extraordinarily useful, full of wholesome insights, this book bursts with the insightful, inspirational, motivating words of wisdom to get us on the path. Consciously and collectively, mothers will claim their rightful role as champions of compassionate, kind-loving hearts. Children will mirror the joy and learn self-care; together we will evolve toward a more peaceful people.

The Motherhood Evolution uplifts me beyond measure! The wisdom and guidance Suzi Lula shares in this book makes my Mama heart and spirit just SOAR. I have never heard a message of self care for mothers so crystal clear .. and in such practical ways for us to achieve this way of living. I have always considered "taking care of myself" as something to do with health and diet, but it is so so so much more. And especially as a mother to a special needs child, I am so in need of "filling my tank" to the fullest over and over again. Thank you, Suzi, for putting everything into words. I feel like the options for me as a mother are unlimited and that I can truly thrive in this LIFE!

I cried with every page!!!! Having gone through a difficult divorce, and the challenge of being a single mom for 2, this book not only made me feel so understood, but it allowed me to reconnect with my SELF. I can love myself without guilt or shame. Other parenting books point to the things I am doing wrong. Motherhood Evolution reminded me that there is great power in loving my Self as I myself learn. Thus, I win and my kids win. Thank You Suzi!!!

I have read tens of hundreds of parenting books, yet only cherish a small handful that are my go to manuals, and this is one of those books! Suzi manages to so beautifully, and so articulately wrap you gently in her words, so you feel supported through your parenting journey. She has such an

amazing way of conveying the necessary need for mothers to prioritise their self-care in order to live a fulfilling life and be more connected with their children. This book is powerful and totally and utterly life changing. It is the one book that ALL mothers need to have on their bedside table, and I will always read and refer back to this book.

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