



# Mommy Mantras: Affirmations and Insights to Keep You From Losing Your Mind

*Bethany E. Casarjian , Diane H. Dillon*

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Mommy Mantras are phrases you can say in your head, or out loud if you need to, during those trying moments of mothering. They act to empower you, revive you, and remind you that there is always another way to see your situation. Buddhist-inspired and psychologically grounded, these snippets of wisdom come through entertaining and universal stories of unpredictable life with children.

Here are a few examples of how a mantra can help you control your reactions to those mothering circumstances largely out of your control:

When it seems like everyone else's children are better behaved (and doesn't it always feel that way?), you can remind yourself to **narrow your focus**, or stop comparing your children to others, which is only bound to make you miserable.

When the monotony of caring for a toddler gets to you, remembering to **surrender to the goat** , as one mother did when her son insisted on feeding the same goat at the petting zoo every day, for hours, will help you recognize the importance of being in the moment, and will help you endure and even enjoy the sometimes tedious routines.

When you begin to resent that you do more housework than your spouse, despite your best intentions and all the nagging in the world, you can learn to **ignore the score**, or let go of keeping track, which can become an unhealthy (and unhelpful) obsession.

When your mantras seem to fail you, you can always remind yourself that **I am not Buddha** . Motherhood is not something we can master. We can only try to be more mindful. Even so, some days are harder than others. Mantras are the deceptively simple words we can use to diffuse stress and choose appropriate, constructive behavior so we can recognize ourselves, find our center and be more mindful and compassionate mothers.

## Mommy Mantras: Affirmations and Insights to Keep You From Losing Your Mind Details

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## From Reader Review Mommy Mantras: Affirmations and Insights to Keep You From Losing Your Mind for online ebook

### Demi says

As a Buddhist Mum, I've been looking for a book like this for quite some time. This book is essentially a collection of practical mantras (much like the use of slogans with lo-jong teachings) but for Mums! This book is a joint project written by two Mums who not only have a background in Buddhism but working with difficult youths and psychology. What I loved about this book was that it was set up in such a way that you could easily pick it up, read a few pages and set it down when inevitably you got interrupted by your children. The authors had a great sense of humour and weren't afraid to be honest about their shortcomings and insights into motherhood; in short, they were down-to-earth and I found them very easy to relate to. I know this is a book I'll come to again and again throughout my mothering, especially when I'm in desperate need of a "pick-me-up". Definitely a great gift for a fellow Mum, even if they're not Buddhist!

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### Holly Kneeland says

Great laugh for mothers

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### Dana says

This book was so interesting to me...lots of lessons that probably should be obvious, but until I read them and the stories that accompanied them, I wasn't thinking and using them. You don't read it from cover to cover...find a mantra for what you're dealing with right now and use it. Maybe not for everyone, but it's a quick tool to help moms with everything from boredom to acceptin your child as is. My favorite mantra? "Who's it really about?"

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### Amanda says

Given to me by my thoughtful husband last year...this book has tons of simple mantras to help you get through those difficult days..and the good ones too! One of my favorite after a long hard day is "wipe the slate clean". Once my kids are in bed asleep, I'll go in and kiss them and say this in my mind to forgive them for being kids who get on my nerves, or throw a fit, or talk back, and know that tomorrow can be better.

Another favorite mantra is "lock it in". You know those moments when you feel like your heart will just burst with happiness. Maybe everyone is at the dinner table talking about their day and your son says "thanks for dinner Mom" in a sweet way, or your kids are all playing nicely together outside, or whatever it is. Remember that moment. Close your eye and lock it in.

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### Stacy says

This seems like a great book to hide in the bathroom. Each segment is brief and they are divided into chapters on Fear, Anger, Stress, and other wonderful aspects of parenting. Since the sections are brief, they seem perfect for those precious 2 minute respites that are sometimes your only break from your kids. Not that I tried that or anything....

A few favorites?

"Within me there is a peacefulness that cannot be disturbed"

"I can stand this"

"Kiss the Ring"

"When it's over, it's over"

"Find your inner mole"

"It's in there"

"No task more supreme"

There are a lot more, too! Glad I bought this one. I will be sneaking peeks at it as needed in the future. I'll be in the bathroom if you need me.

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### **Anna Winneker says**

I took this book out of the library but am going to buy it because I know it is something I will come back to at many different times in my life. It makes a lot of sense but contains so many reminders of what is important as you raise a child. LOVED IT!

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### **Susan says**

I started reading this at Christmas and it's been really encouraging. Little tidbits of wisdom from real moms living with real kids in the real world. I recommend it to any moms who feel like they're drowning or not 'up to the job' of being a mom. Welcome to normal momhood and the book closes with the wisdom of 'making it up as you go along'. :)

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### **Jessica Loomis says**

I loved this book. I read it when both my boys were "babies", and I go back to it every now and then still. One of the mantras that I think I will always use and love the most is, "inside me there is a quiet place that cannot be disturbed." I say it over and over during particularly rough days and It definitely helps. A great present for new or expecting moms!

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### **Leah says**

This is a great book for moms. You don't actually read it from cover to cover. It just has short sections that give you ideas to help/comfort you if there is something you are struggling with or if you had a bad day. I am really enjoying it! It has little sayings/mantras that you can repeat to yourself if you are frustrated or losing your patience. Of course not everyone applies to everyone, but a handy little tool for moms.

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## **Candice Wagener says**

This is one of my favorite books--I think every mom should read it!

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## **Toni says**

Oh how I wish I had this book 10 years ago when I was pregnant with my first born. There is a lot of simple (but profound wisdom) in this book. One of the most recent things I have learned in this book and in other mindfulness type books is "this too shall pass". I had heard this in the past, but I never really got this before. So now when I have a bad day, feeling, emotion, etc....I remind myself okay this is not me and it will pass. Now that I am aware of this it really makes a HUGE difference in my life and I find I am a lot happier. Also, "surrender to the goat"...I am taking time to really just go with things that I am resisting (like making the kids' lunches, or doing laundry). When I feel myself resisting I remember the Goat mantra and just surrender to it and it really helps. I mean I gotta get the stuff done anyway so this is an easier way.

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## **Stephanie says**

So it was a little embarrassing to ask the help desk at Barnes & Noble if they had any good titles about anger management for moms. Nevertheless, I came across this book which I really enjoyed because it helped me to really see the humor in all the daily frustrations of motherhood and provided me with some practical mantras/approaches to those nerve-wrecking moments.

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## **Jess says**

I'm loving this book-the trick will be to remember all of the mantras when the time is right. The mantras are perfect for all kinds of motherhood situations and struggles. The book is very meditative and Buddhist in the sense that it constantly reminds you of what is in your control and what isn't, what matters and what doesn't. The approach is gentle and accepting of our parenting flaws, our children's flaws and the crazy juggling game of motherhood with Life's other stresses...

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## **Paula says**

Not just for mummies.

Wow - harsh topics handled well, you know, grandma letting under two year old taste beer, grandparents not using seat belts, winding through it all are these fabulous mantras, easy to remember, good enough to slow you down and keep you sane.

The authors are willing to talk about hard subjects. Understanding that as much as we love them, everyone has moments when killing the children SEEMS like such a great idea. Not that we should act on it. I have always said that having children gave me great empathy for child abusers, again not that I condone it or

agree with it, or practice it (on purpose) in any way, just that it makes me understand - they come out of the yoni specifically designed to push our buttons and WOW are they great at it.

So, the book is funny and it makes you think , the examples and stories are about family and children, that does not limit the scope of the book, the stories are enjoyable to read and the ideas, "the pump is primed", "the goat", et al are great for anyone trying to use their brain to make their life a better place to be!!

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### **Karenlupton says**

This is my bible - I've read every page over and over. It's helped me through some bad days, when motherhood seems like a recipe for insanity. I'd recommend this to any mother.

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