



# **I Was a Really Good Mom Before I Had Kids: Reinventing Modern Motherhood**

*Trisha Ashworth , Amy Nobile*

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"I don't know how she does it!" is an oft-heard refrain about mothers today. Funnily enough, most moms agree they have no idea how they get it done, or whether they even want the job. Trisha Ashworth and Amy Nobile spoke to mothers of every stripe - working, stay-at-home, part-time - and found a surprisingly similar trend in their interviews. After enthusing about her lucky life for twenty minutes, a mother would then break down and admit that her child's first word was "Shrek." As one mom put it, "Am I happy? The word that describes me best is *challenged*." Fresh from the front lines of modern motherhood comes a book that uncovers the guilty secrets of moms today . . . in their own words. *I Was a Really Good Mom Before I Had Kids* diagnoses the craziness and offers real solutions, so that mothers can step out of the madness and learn to love motherhood as much as they love their kids.

## I Was a Really Good Mom Before I Had Kids: Reinventing Modern Motherhood Details

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## **From Reader Review I Was a Really Good Mom Before I Had Kids: Reinventing Modern Motherhood for online ebook**

### **J.R. says**

You can't judge this book by its cover....

I feel horrible. I love the cover of this book, and am sure that the authors put a lot of time into writing it. Unfortunately, I did not enjoy it at all and cannot give it more than one star.

There were a few funny lines sprinkled throughout - but again, there were few. I felt as though I was listening to a lecture on why mothers across America hate this inescapable role they have assumed, willingly or unwillingly. Further, it was if the lecture was on repeat play: the same thoughts were repeated over and over and over again, the further I got into the book.

I am sure that the authors are wonderful parents. I just wonder if they are truly happy ones.

J.R. Reardon  
author, CONFIDENTIAL COMMUNICATIONS

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### **Jessica says**

I typically do not like the sort of pop-psych, I'm OK-You're OK writing style that these authors employ, but I like this book and I think it has some smart things to say.

The three core ideas of the book are: Moms need to lay off the judgment of other moms and themselves, take time to enjoy their kids and learn to set boundaries in terms of their personal time and family time. It is not a privilege for Mom to get a shower and a lunch out with the girls--these are necessities. It is OK to say no to events if it makes your family's calendar too crowded. And kids really need some 1on1 time with parents, even if it is just 15 minutes to read stories and then you tend to the laundry and dishes.

Mixed into the book are some helpful ideas for making the above things happen.

The writers don't cover a ton of new ground but the ground they cover is worth revisiting.

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### **Belle says**

This book was recommended by another fellow mommy. Funny, anecdotal (sp?) and so on the money with everyday trials and tribulations of being a parent these days. It's an easy and quick read that made me laugh and think, "Gosh I'm not the only one!" And also puts into perspective the whole notion of what I call "SuperMommy Syndrome". What I also like is that at the beginning of every chapter it's got lists of things you can relate to and at the end of every chapter it's got a quick list of things to think about.

I gave it four stars because it starts out really good and then kinda loses it's fire towards the end because it's more of the same. You kinda get the picture mid-way through the book. Overall, a good read and I recommend it to mommies everywhere.

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### **Cooksonmom says**

OK, I read this in a matter of hours and although parts are witty and some elements of sound advice are given, it wasn't that good. First of all, I can't relate to most of the women in the book simply because I don't worry about the same things they do. Peer pressure never worked that well on me and I think that has seeped into my adult life. These women are too worried about what everyone thinks of them. Of course I want to be liked, but I want to be liked for being me, not for being "them." It's an OK read, but it comes across as a bit whiny for me.

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### **Jamie says**

I saw this book on the shelf at the library and laughed at the title. Since my profession (before I had kids) involved caring for other parents children I often found my self saying "When I have kids, they will never act like that." Guess what? My kids do act that. They are kids, of course the act like that. Now, I do admit my children are fairly well behaved (for everyone but me). So, I don't have a lot to complain about, but...there are days I could very well lose my mind. I now stay at home with my 3 kids and it is sometimes very rewarding but many times it is defeating and frustrating. This book was all about those feelings. The feelings that we are scared to tell our friends and husbands because it would make us look like "bad moms". After reading this I hope I will check my judgement of other moms at the door. I hope I will be a better friend to my "mom friends". And mostly I hope that I will have the courage to stand up to the people who are judging other moms. One of my favorite parts of this book are quotes from real life moms. Some of my favorites were "I would trade my husband for a housekeeper and " Sometimes I think about how I gave up nine months of drinking for this." I found the honesty of these moms refreshing because I too have secretly had these very same thoughts. This book will make you laugh, and cry. But mostly it will make you realize that you are not alone, all of us are losing our minds. We are just not telling anyone.

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### **Lennie says**

This book is about the challenges mothers face today and is devoted to helping women sort out some of the conflicts that arise while raising children. It was written by two moms who had their share of difficulties and who at times felt like they were having "one of those days." They realized that nobody talks about how hard motherhood truly is so they decided to interview other mothers who might be feeling as overwhelmed as they were. This book contains their thoughts and feelings and addresses some of the key issues and it is the authors' hope that if we could all get "real" with one another by being honest and frank then perhaps we would be better at embracing our role as a mother.

I have to admit, I was one of those women who thought motherhood would be a certain way and I didn't realize the magnitude of being a mom until I became one to two girls. It's impossible to predict the challenges of being a parent before it actually happens. I think moms who read this book can relate to some of the problems being discussed and hopefully come away with the message that is being delivered which is; we need to drop the idea that we can and should do it all.

### **Amy says**

I thought this was of the more down to earth, realistic "mom" books I've ever read. It was a breath of fresh air after feeling stifled in a kid-centric, obsessive-mommy community a while back. It is a great laugh and empathetic friend for any mom who's had "those days"...or has them often.

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### **Stevie says**

This book made me grumpy. I wanted to like it, wanted to find some jewel of wisdom, but came away frustrated that I'd bothered. I just have a hard time finding much empathy for the whole 'being an upper middle class mommy is hard' complaint. I'm an upper middleclass mommy, and it can be hard, but c'mon ladies...love your kids, and be thankful that you don't have to try to figure out how to raise healthy happy kids while working a minimum wage job, going to night school, and protecting them from your estranged husband who sometimes gets drunk and shows up in the middle of the night to try to talk you all into moving back in with him. I don't mind the focus, just the miopic premise that the 'typical' American family spends its time worrying over cupcakes.

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### **Michele says**

This is an easy read. I doubt anyone will agree with everything written, but I think every mom will find parts of this book that ring all too true. We are our harshest critics and there are so many moms out there who want everyone to think the life of motherhood is all a big bed of roses. It's time we're more honest with everyone else and especially honest with ourselves. No matter how much we want to do it all, we're only human. It's so easy to second guess ourselves. Should I work or stay at home? Should I breastfeed or bottle-feed? Public or private school? How many, if any, activities should each child be enrolled in? How many kids should I have? If more than one, how much space in between them? The emotional energy a mom expends on a daily basis is exhausting; no wonder so many of us are tired!

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### **Natalie says**

If someone had told me that 2 model-looking women, an Ad-exec and a PR exec had written some thoughts about motherhood in a book, dressed it up with cute fonts and formatting, put a picture of a cupcake on the front and had come up with a catchy title, I would have NEVER BOUGHT THE BOOK!

I have read content in amateur Mom Blogs that is just as good, if not better and more uplifting. If you were on a desert island & this was the only book, I would still probably not recommend it because despite its purpose, most of the book just makes you compare yourself with other women and feel a little blah.

Just to say something positive, I did enjoy one paragraph:

Personally, when we're feeling exasperated, we like to think in terms of "the last time"-- as in,

there will be a last time for everything. When will be the last time I give her a bottle, or the last time I put her to bed in her crib, or the last time I can actually cradle my son in my lap, or the last time he will let me hold his hand in public? It's amazing how quickly this puts things in perspective. One minute we're thinking we'll have to shoot ourselves if we have to dress her up in a princess costume again, and the next we could cry because soon enough we'll be shopping for prom dresses.

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### **Lisa G says**

This book is a great read! The two authors of the book spoke to mothers that work outside of the home, mothers that work inside the home(notice I did not mention stay-at-home mother because if you receive a paycheck or decide to take the job as the nanny...we are all working mothers), and part-time(working outside/inside the home). They share the ups and downs of motherhood from all three perspectives and include steps to make life more simple. Basically as mothers we all have routines and schedules for our loved ones, but this book mentions living in the moment sometimes..relishing the present. I loved this following quote from the book: "Personally, when we're feeling exasperated, we like to think in terms of "the last time"- as in, there will be a last time for everything. When will be the last time I give her a bottle, or the last time I put her to bed in the crib, or the last time i can actually cradle my son in my lap, or the last time he will let me hold his hand in public? It's amazing how quickly this puts things in perspective.-Trisha Ashworth and Amy Nobile" I think as mothers we are all striving to be the best we can be and this offers simple solutions to help simplify your life.

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### **D says**

I was really excited to read this book, but it was a bit disappointing. I thought the title was catchy and clever, but the tone of the book was kind of depressing. Ashworth and Nobile don't really have any credentials that make them experts on motherhood or parenting, and the book seemed to be more venting than helpful. The structure of the book was disconnected. In the middle of a thought or point, there would be a quote from a mom, and then they'd go back to the point they were trying to make. It just wasn't that enjoyable.

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### **Christina says**

Being a mother has ups and downs - and during one of these downs where I just felt exhausted and that I was a lousy mom, I sat down one evening and read this book. And it made me stop and think about my life and my family's life. Our daughter is still just a baby, 9 months old, but right now we're laying the foundation for her and the way our family is going to be - and we need to learn to prioritise. Learn to live in the moment and enjoy each step - childhood is a journey, not a race, and each step is unique and important.

This book is about learning to see your expectations for what they are - most of them created by society and the other mothers you know or see in the stores - and most of them working together to make you miserable. You have to step back and look at the bigger picture and see what's important for you - and maybe that means your child will not get a home-cooked meal every day and you will not have the perfect home. But maybe, instead, you will have the time and energy to sit down on the floor and play and really listen to what

your child says.

It's not easy being a mom - and if you knew what it really takes - then you would think twice before having children. But some of the things you feel guilty about, are just silly. Every mom has insecurities and things they don't know enough about - but every child just need love and care and to know that mom and dad are there and support them, no matter what. And if you're caught up in running from A to B and being the perfect mom who can handle work, housework, bake your own bread, take care of the garden and the pets and your man, you will need this book - or one similar - to sit down and take a deep breath and start to think about what would make your life easier and if this would give you more time to what's truly important, being there for your kids.

This book is so easy to read that I just went through it all in one sitting - and that's maybe it's only major flaw. It's hard to digest the actually rather useful information in it because it's presented so fluffy and easily read. But it made me sit down and think - and talk to my boyfriend - about how life is at the moment and that maybe we need to change things and I will definitely try to work towards getting our lives to work better together and thereby creating a more loving and relaxed nest for our girl to grow up in. So 3 stars because it was too easy a read - but otherwise, it's a 4 star book - and maybe it should get 5 stars because of it's being so accessible - how many mothers have the time to just sit down and read... Anyway, it makes you think about your role as a mother and how that's only a part of who you are, so therefore it's recommended to every mom.

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### **Jillaire says**

I first saw this book during what must have been a rough week with my kids, because it really caught my eye and I later bought it. It was not as enlightening as I had hoped, mostly because I'm not dealing with all the issues the authors talk about. (I guess that's a good thing!)

If you already have a good support group of friends/other moms with whom you have realistic conversations about how tough motherhood is, then you probably don't need to read this book. There's a lot of discussion about moms who have angst over their choice to work/not work/work part-time. The authors pass no judgement on the right choice, but if you're okay with your choice, you might just read a lot you don't need to hear. The other main focus of the book is giving yourself realistic expectations about being a "good mom." If you need that, then you might like the book.

There was a chapter on husbands that I found helpful because it helped me understand how we see things differently. The best part of the book were the quotes and anecdotes (and "dirty little secrets") of the real-life moms they interviewed for the book.

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### **Sarah says**

I LOVED this book. Reassuring, honest, and real. I thought they had a great approach, great writing style, and it was incredibly encouraging. Plus, the snippets of other mom's confessions had me cracking up--wow, it isn't just me! If you need a refresher about how to love motherhood as much as you love your kids, this is the perfect read for you.

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