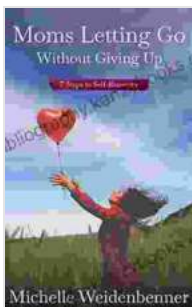


# Moms Letting Go Without Giving Up: A Path to Freedom and Fulfillment

Motherhood is a beautiful and rewarding journey, but it can also be a challenging one. As our children grow and change, we have to learn to let go and give them the space they need to become independent. But this can be difficult, especially when we're used to being their everything.



## Moms Letting Go Without Giving Up: Seven Steps to Self-Recovery by Michelle Weidenbenner

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2637 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 116 pages
Lending	: Enabled



In her book, *Moms Letting Go Without Giving Up*, author and speaker Lisa Jacobson offers a compassionate and practical guide to help mothers navigate this challenging transition. She shares her own experiences as a mother of three, as well as the stories of other mothers who have successfully let go without giving up.

Jacobson reminds us that letting go is not about abandoning our children or giving up on our role as mothers. It's about learning to trust them and

allowing them to make their own choices. It's about giving them the space they need to grow and learn, while still being there for them when they need us.

Jacobson offers a four-step process to help mothers let go without giving up:

1. **Acknowledge your feelings.** It's important to acknowledge that letting go can be difficult. You may feel sad, anxious, or even guilty. Allow yourself to feel these emotions, but don't let them paralyze you.
2. **Set realistic expectations.** Don't expect to let go overnight. It takes time and effort to adjust to this new way of parenting. Be patient with yourself and with your children.
3. **Find a support system.** Talk to other mothers who have been through similar experiences. Join a support group or online forum. Find people who can understand what you're going through and offer support.
4. **Take care of yourself.** It's important to take care of your own physical and emotional health during this transition. Make sure you're getting enough sleep, eating healthy foods, and exercising regularly. Find time for things that you enjoy, and don't be afraid to ask for help when you need it.

Letting go without giving up is a journey, not a destination. There will be ups and downs along the way, but if you stay committed to the process, you will eventually find freedom and fulfillment in your role as a mother.

Moms Letting Go Without Giving Up is a must-read for any mother who is struggling to let go. Jacobson's compassionate and practical advice will

help you navigate this challenging transition with grace and ease.

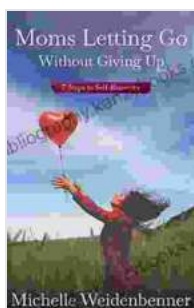
## About the Author

Lisa Jacobson is a speaker, author, and the founder of the Moms Letting Go Without Giving Up movement. She is a mother of three and a grandmother of one. She is passionate about helping mothers find freedom and fulfillment in their role as mothers.

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