

## ***The Momnificent! Life: Healthy and Balanced Living for Busy Moms***

Lori Radun

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Reviewed by Danelle Drake for Reader Views (7/09)

Being a busy mother of four daughters I have often thought and sometimes spoken aloud: “Where is that mom handbook when I need it?” when situations are not going the way they should and I am at “wit’s end” as to how to fix it. I admit as I began reading “The Momnificent! Life: Healthy and Balanced Living for Busy Moms” I first wondered how I was going to get through the 300 or so pages; then would any of the information pertain to my life and enable me to find the balance I was looking for? The answer was “ABSOLUTELY!” I seemed to move through the book with speed wanting to learn more and more, eager to implement what I was learning.

As described in the introduction “Momnificent is simply a concept that describes moms who value living positive, healthy and balanced lives.” Little did I know, but for the past 21 years I have struggled to become Momnificent. A momnificent life is made up of confidence, the ability to set healthy boundaries, positive energy, healthy and supportive relationships, life balance, spiritual foundation, self-care, and being a nurturing and effective parent. Breaking down the way you experience your life into segments you will cover each concept and dissect how you are living. Each of the eight sections will be giving you a “Take Action Assignment” which will leave you with a great feeling of accomplishment when completed.

The process includes sections titled: Personal Development, Spirituality, Fun and Enjoyment, Relationships, Health and Aging, Personal Finance, Career and Profession, and Home and Family. Each section had me opening my eyes and making me realize that it is not always the situation that is the problem but my overly-stressed reaction that was making things negative. I was putting so much effort into being the perfect mom that I was losing the fact that I was a human. Life is not perfect, children are not perfect, and parents are not perfect. The following quote from the book really hit home and made for a great beginning for me to proceed thru the process to becoming momnificent:

“The concept of balance defines our Universe. The cosmos, our planet, the seasons, water, wind, fire and Earth are all in perfect balance. We humans are the only exception.” – Wayne Dyer

I will forever have this handbook, “The Momnificent! Life: Healthy and Balanced Living for Busy Moms” by Lori Radun and when I am in doubt and struggling, reaching for this book and re-reading whatever is needed will be my solution. I know I will never be the perfect mom, nobody is; but I do know that now, in my heart; I understand true balance and I am just as an important part of the puzzle as my children are. I must make sure I am balanced in order to assure their balance. Lori Radun has taken this magical thing called motherhood and made it Momnificent! As my journey through motherhood continues I am looking forward to my own Momnificent life!