



12 Pick-Me-Ups for Stressed-Out Moms

Lindsey O'Connor

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With all that women have to do, it's easy for them to feel like they are overwhelmed physically, emotionally, or spiritually. And yet, others are depending on them and being influenced by them. So for those women who are running on empty, feeling lonely or weary, Lindsey O'Connor offers an invigorating dose of hope, with splashes of humor and plenty of personal depth. 12 Pick-Me-Ups for Stressed-Out Moms shows moms five biblical principles for overcoming the problems that weigh women down and dilute their influence on others.

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