



*Live Your Best Life in All Areas!*

Authentic and empowering, *The Momnificent! Life ~ Healthy and Balanced Living for Busy Moms* is an important work of nonfiction, which can play a significant role in creating healthy families based on the concept that mothers are role models and that the path to a happy family begins with a happy mother. Prepare to be inspired, get ready to celebrate balance and begin learning how to create your own support network using savvy concrete advice on money, time and health management, not to mention a number of clear directives on how to have fun.

In just under sixty chapters, the author takes readers through eight subsections that prove a graceful approach to looking at one's whole life. She leaves no stone unearthed as she offers advice on achieving financial intimacy with one's partner, guidance on sibling rivalry and the best protocols for establishing a child's allowance. Her keen-witted insight measures the entire breadth of childhood and beyond.

Children will test boundaries and push buttons, negative people will butt their ugly heads in our lives and it is best to live a de-cluttered life. The point is that finally a life coach takes the time to mete out much needed direction to mothers in order to minimize mommy stress, identify and solve problems to begin living life as an adventure. By walking the talk, mothers begin teaching children about independence and responsibility—they are the first one's to answer the call and open the door to create extraordinary families living extraordinary lives.

## The Momnificent™ Life Healthy and Balanced Living for Busy Moms

by Lori Radun

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“Every mom will benefit from her sound advice.”

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