



How to Start Your Own MomTime

Lisa Whelchel

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Moms burn out because they give and give and give some more! To combat this burnout syndrome common to moms, Lisa Whelchel created Mom Time. Using the experience and practical ideas she used in her own Mom Time, Lisa shares the four ingredients for successful Mom Time--food, faith, friends, and fun. An included DVD explains how any mom can start her own Mom Time. The book is divided into five sections:

1. How to Start a Mom Time Group
2. Faith Time: General Topics for Discussion
3. Conversation Prompts for Creative Correction
4. Recipes
5. Game List

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