



31 Days to Becoming a Happy Mom

Arlene Pellicane

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Mom, do you feel like you're running in ten different directions but getting nowhere? Are your kids driving you crazy? Does each day feel like a battle over screen time, homework, and eating anything besides chicken nuggets?

In *31 Days to Becoming a Happy Mom*, Arlene Pellicane helps you get a grip and find your smile again. In her easy-to-read-and-apply guide, you will discover the keys to being a happy mom. Packed with encouragement, funny stories, and wisdom from experienced mothers, this book will change your home for the better...beginning with you.

As with Arlene's other extremely popular "31 Days" books, this one is divided into 31 daily readings, each beginning with a Scripture passage and ending with a doable action step and prayer.

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