

MOTHERHOOD COMES NATURALLY
AND JOYFULLY TO MANY WOMEN,
BUT NOT TO EVERYONE.

Going through her own four-plus year roller coaster journey as a new 40-year-old mom—driven, conditioned, competitive, wanting to be the best she could be—Lindsay Johnson learned a lot along the way, to say the least. Important things such as how to create balance in one's life, how to (sometimes) serve oneself before others, and that it is perfectly normal not to be that enviable natural supermom so many other women are born to be. Most important, she wants readers to know they are not alone in their uncertainty.

In this honest, open, and genuine conversation with mothers, Lindsay's goal is to help those who may be struggling, uncertain or unhappy. The struggle is real, ladies, and that is okay. But there is true joy to be found in this motherhood tunnel, and her hope is to lead readers back to finding it again, using her energy-based tools, abundant resources, candid stories of personal and client experiences, a wry sense of humor, and a whole lot of honesty and love.

This book would be a perfect gift for new mothers, expectant mothers, those thinking about becoming pregnant, women on their fertility journey, those feeling stuck in the depths of motherhood, second-time mothers not feeling the same this time around, and like-minded wellness facilitators striving to help others.



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A MOTHER'S GUIDE FOR MANIFESTING JOY

LINDSAY R. JOHNSON

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*Navigating
your way through
the postpartum
roller coaster.*

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JOY