



## ANNA MCARTHUR

Hope for Moms offers a heartfelt guide for mothers navigating both the joys and heartbreak of being a mom, sharing Anna McArthur's personal journey through parenting difficulties such as learning disabilities, LGBTQ+ identities, and adoption. Structured around a triage plan that helped the author prioritize her family's needs, it includes practical insights, quotes, and reflection questions to support moms in their journey of resilience and soul care.

With gentleness and humor, McArthur provides reassurance to mothers, reminding them they have the strength to not only survive motherhood, but thrive. If you're a mom who feels overwhelmed by the curveballs life has thrown your way, you aren't alone—yes, it's tough out there, but so are you!



**YES**

THESE THINGS STAY

**NO**

THESE THINGS GO

**MAYBE**

WE'LL DO OUR BEST GOING FORWARD

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