



Smart Martha's Catholic Guide for Busy Moms

Tami Kiser

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Martha, Martha, you are anxious and troubled about many things. Luke 10:41

Motherhood is so demanding, it's easy to become a Martha always worried about the next thing we have to do and rarely choosing the better part, as Martha's sister Mary did.

Tami Kiser understands. She's a busy mom of nine who juggles teaching at her children's parish school, volunteering at her parish, running a household, and many other responsibilities. Her Smart Martha seminars have helped thousands of women learn to set their priorities so that they still have ample time for Jesus throughout the day.

This is the book that can help any frazzled Martha become more spiritually focused, more holistically fulfilled, and more mentally prepared than ever before. Discover practical tips that will help save time and your sanity. Learn how to:

- Approach every Martha task with a Mary attitude.
- De-clutter your children's toys for faster cleanup and more meaningful play.
- Manage technology to enhance your family's spiritual health.
- Create mealtimes that nourish both body and soul.
- Tackle household chores as a family.
- Foster spiritual beauty in your children. And much more!

Your maternal instinct as well as constant demands from family members may call for a Martha mom, but trust in the Lord that they need a Mary mom, too. Be a Smart Martha, with one eye on the task at hand and the other on the Lord.

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