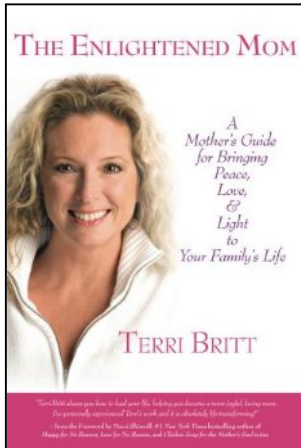


Mom, Get Rid of the Mommy Guilt and Emotional Chaos that affect YOU and YOUR Home!



Former Miss USA, Mompreneur, and Best Selling Author Terri Britt Brings you The Enlightened Mom

Mom, Are you ready to feel better about your family, yourself and your life than you ever have before? Then The Enlightened Mom: A Mother's Guide for Bringing Peace, Love & Light to Your Family's Life is for you. The Enlightened Mom is an empowering handbook for spiritual self-discovery, acceptance and unconditional love.

WINNER ~ Best Spiritual Book
NY & San Francisco Book Festivals

This book will teach you in simple steps how to recognize when you are getting overwhelmed, disconnected, resentful, anxious and frustrated, and replace those feeling with ones of love, and connection to your family and most importantly yourself. Through Terri's own personal experiences with frustration, lack, blame and anger, she teaches moms tools to release the chaos in their lives and in their minds to become more joyful, passionate, playful and loving moms.

Terri says, "It's not what we do for our families but how we live our lives that impacts them the most. But most mommas don't live by this truth. Instead we deny ourselves, believing putting the needs and desires of our family ahead of our own is the loving thing to do. Mom, the truth of the matter is that when you deny yourself, you disconnect from your heart. And when you disconnect from your heart, you create anger, judgment, frustration and blame. And before you know it, you're handing your pain over to your family"

Terri realized that she was unhappy on her path as a mother, constantly trying to be "the best mother" by sparing her own needs, desires and always questioning her actions, never knowing if they were right. By denying herself, she began resenting her family for their wants. As many mothers are the center stone of a family unit, her negativity was affecting everyone. Her emotional breakdown and rebuilding became The Enlightened Mom. Terri's mission is to share her experience from anger and resentment to a life of peace and joy with mother's everywhere.

With an interview with Terri, you'll learn:

- Why the old way of being mom creates emotional chaos for the whole family.
- What happens energetically when mom tries to drive her family to success.
- How mom has the power to help her family get off the hamster wheel and into true success.
- Why moms greatest act of service for her loved ones is to love herself first.

The greatest gift a mom can give her family is to step out of martyrdom and walk the path of The Enlightened Mom! For more information, contact info@terribritt.com.

The Enlightened Mom: A Mother's Guide for Bringing Peace, Love & Light to Your Family's Life, and its accompanying meditations available now on www.terribritt.com.