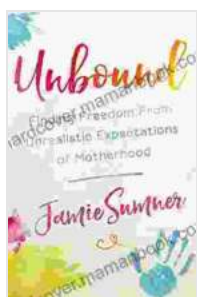


# Unbound: Finding Freedom from Unrealistic Expectations of Motherhood

Motherhood is a beautiful and challenging journey, but it's important to remember that there is no one right way to be a mother. In her memoir, *Unbound*, Monica Potts explores the challenges of modern motherhood and offers a refreshing perspective on what it means to be a good mother.



## Unbound: Finding Freedom from Unrealistic Expectations of Motherhood by Jamie Sumner

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1550 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 225 pages



Potts begins her book by sharing her own experiences as a mother of two young children. She writes about the sleepless nights, the endless diaper changes, and the constant worry that she's not doing enough. But she also writes about the joy and love that comes with motherhood. She captures the complex and often contradictory emotions of being a mother.

Potts argues that we need to let go of unrealistic expectations of motherhood. She writes, "We need to stop comparing ourselves to other

mothers and stop trying to live up to an impossible ideal." She encourages mothers to focus on their own strengths and weaknesses and to find their own way of parenting.

Potts also explores the importance of self-care for mothers. She writes, "We need to take care of ourselves both physically and emotionally in order to be the best mothers we can be." She encourages mothers to make time for themselves, even if it's just for a few minutes each day.

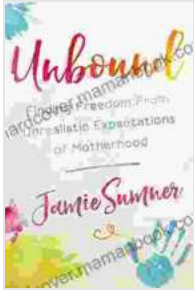
*Unbound* is a powerful and inspiring book that will resonate with mothers of all ages. Potts offers a realistic and refreshing perspective on motherhood that will help mothers to feel less alone and more empowered.

### **Key Takeaways from *Unbound***

- There is no one right way to be a mother.
- It's important to let go of unrealistic expectations of motherhood.
- Mothers need to focus on their own strengths and weaknesses and find their own way of parenting.
- Self-care is important for mothers.
- Mothers should not be afraid to ask for help.

### **About the Author**

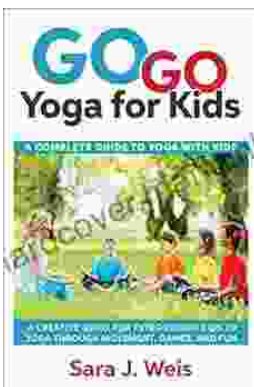
Monica Potts is a writer, speaker, and mother of two. She is the author of the memoir *Unbound: Finding Freedom from Unrealistic Expectations of Motherhood*. Potts has written for a variety of publications, including The New York Times, The Washington Post, and The Huffington Post. She is a regular contributor to the TODAY Show Moms blog.



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