

★★★★★ **Great Handbook for Moms!**, August 20, 2009

By [L. Fosen](#)  - [See all my reviews](#)

REAL NAME™

Lori has packed a lot of information into this book. I found that for me - reading each chapter was not the answer. I focused on the areas that I knew were challenging for me and really took in what Lori had to say. I loved the personal touch and stories that I could relate to - it made for a very enjoyable and helpful read! If you are a bit overwhelmed with the busyness of motherhood I am sure you will find many useful strategies in this book to help you!

★★★★☆ **Procrastinator**, August 7, 2009

By [Jane Maritz "winning readings"](#)  (Oregon, USA) - [See all my reviews](#)

REAL NAME™

I am the world's worst procrastinator. When it comes to getting important things done, I'd rather stick my head under the pillow and hope that they'll get done by themselves. Or become no longer important.

It's not that I don't have a little time to do those things. Or even that I don't want to. I just have the ability to waste the time I do have on inconsequential things, like entering book giveaway contests. There is just this rush feeling I get when I find a "You Won" email in my inbox that keeps me going! At least it's an inexpensive addiction, right?

Or not. Time is pretty valuable these days. They say the first step to recovery is admitting you have a problem.

Needless to say, I don't perceive my life to be very balanced. I scored quite horrifically on the Life Balance Analysis found in *The Momnificent! Life: Healthy and Balanced Living for Busy Moms* by Lori Radun.

It's time to get my head out from under the pillow and strive for healthy and balanced living.

Overview

This book is all about balance. "Balance occurs when who you are, what you want to do in life, and what you value are aligned with your thoughts, activities and choices."

Radun looks at eight components of your life - personal development, spirituality, fun and enjoyment, relationships, health & aging, personal finance, career & profession, and home & family - and, after helping you assess each component, gives you tips and strategies for achieving balance within those components. Each of the 59 chapters has a Take Action Assignment, as well, to motivate you to make the changes needed to achieve balance.

My Review

I started this book trying to read straight through it - thinking that's what I'd need to do to write a review.

Bad idea. Not only did my mind keep straying from the formidable task at hand, all the ideas jumbled up in an insurmountable and left me with nothing to focus on - no single-sentence message that could help me achieve anything.

So I quit reading. Took a break. Went back to the first chapter. The assessment. Yes - I need help in just about every category of my life! But I'm not gonna achieve balance all in one go - it's an ongoing process! And I need to start small.

If I treat this book as a reference manual, it works far better.

The chapter on time management was a good one for me. In her 5 E's list, Radun helps you identify and prioritize non-negotiable items, things you have to do, and finally the "Uglee" items - time wasters that you need to be conscious of and strategize to minimize their damage.

And of course, the procrastination chapter! I appreciate that the author acknowledges that there ARE benefits to procrastination - that's why so many of us do it! And I appreciate her challenge to make changes to break the cycle.

The references to spirituality left me feeling a little uncomfortable. I am a Christian. The author believes in God. Yet the attempt has been made, it seems, to make this a book that meets all readers whatever their spiritual beliefs. And I would be more comfortable with a book that is overtly Christian in its solutions to finding balance, since Christ is the balancing point to me.

If you're looking for a starting point in your search for balanced living, by all means check this book out.

Don't expect it to work miracles.

However, it can be a handy reference guide, first to direct you to the areas you need to work on in your life to achieve balance, and then to give some tips in that area.

Once you know what you want to work on, you may want to supplement your reading with additional information on that area. For example, I've seen entire books on teaching children independence and responsibility that will obviously give a lot more information than you will find in one short chapter of this book.

And it might be helpful to read through this book as a group or with a partner - to provide some accountability for the action items.

★★★★★ **Lesson Plan for Moms (and Dads) for a Better Life**, July 13, 2009

By [S. Wildemuth](#)  - [See all my reviews](#)

REAL NAME™

It does not matter if you are female or male -- new or old on the "mom" or "dad" path, there is something in this book for you. I used this book as a nightly study - reading it chapter by chapter

so I could really think about the information -- others might want to read it all at once - yellow highlighting the parts that touch a chord with you. It is well written and full of wisdom. The author encourages readers to "rethink the old tapes," but most of all she gives us tools to help us become the best "us" we can be.

★★★★★ **The handbook we have all been looking for**, July 6, 2009

By [Reader Views "www.readerviews.com"](http://www.readerviews.com) (Austin, Texas) - [See all my reviews](#)
Reviewed by Danelle Drake for Reader Views (7/09)

Being a busy mother of four daughters I have often thought and sometimes spoken aloud: "Where is that mom handbook when I need it?" when situations are not going the way they should and I am at "wit's end" as to how to fix it. I admit as I began reading "The Momnificent! Life: Healthy and Balanced Living for Busy Moms" I first wondered how I was going to get through the 300 or so pages; then would any of the information pertain to my life and enable me to find the balance I was looking for? The answer was "ABSOLUTELY!" I seemed to move through the book with speed wanting to learn more and more, eager to implement what I was learning.

As described in the introduction "Momnificent is simply a concept that describes moms who value living positive, healthy and balanced lives." Little did I know, but for the past 21 years I have struggled to become Momnificent. A momnificent life is made up of confidence, the ability to set healthy boundaries, positive energy, healthy and supportive relationships, life balance, spiritual foundation, self-care, and being a nurturing and effective parent. Breaking down the way you experience your life into segments you will cover each concept and dissect how you are living. Each of the eight sections will be giving you a "Take Action Assignment" which will leave you with a great feeling of accomplishment when completed.

The process includes sections titled: Personal Development, Spirituality, Fun and Enjoyment, Relationships, Health and Aging, Personal Finance, Career and Profession, and Home and Family. Each section had me opening my eyes and making me realize that it is not always the situation that is the problem but my overly-stressed reaction that was making things negative. I was putting so much effort into being the perfect mom that I was losing the fact that I was a human. Life is not perfect, children are not perfect, and parents are not perfect. The following quote from the book really hit home and made for a great beginning for me to proceed thru the process to becoming momnificent:

"The concept of balance defines our Universe. The cosmos, our planet, the seasons, water, wind, fire and Earth are all in perfect balance. We humans are the only exception." - Wayne Dyer

I will forever have this handbook, "The Momnificent! Life: Healthy and Balanced Living for Busy Moms" by Lori Radun and when I am in doubt and struggling, reaching for this book and re-reading whatever is needed will be my solution. I know I will never be the perfect mom, nobody is; but I do know that now, in my heart; I understand true balance and I am just as an important part of the puzzle as my children are. I must make sure I am balanced in order to

assure their balance. Lori Radun has taken this magical thing called motherhood and made it Momnificent! As my journey through motherhood continues I am looking forward to my own Momnificent life!

★★★★★ **Discover Yourself With This Well Written, Insightful Guide**, June 17, 2009

By [Kim Cantrell "www.truecrimebookreviews.com"](http://www.truecrimebookreviews.com) (Tennessee) - [See all my reviews](#)

REAL NAME™ VINE™ VOICE

I am a work-at-home mom. Not to be confused with the work-from-home mother.

I am a Manager; a manager of my household consisting of four children and a husband. My physical place of employment is at home.

Therefore, I am a work-at-home mom.

To define myself in a manner that brings me a sense of satisfaction - of accomplishment - was the very first of many important life-changing steps I learned from [The Momnificent Life: Healthy and Balanced Living for Busy Moms](#) by Lori Radun.

And then I was hooked!

For three days, I delved into learning how to grow and prosper in my job and my personal life; which, for me, happens to be in one the same.

Don't misunderstand. The Momnificent! Life isn't just for the full time mother. This book is for any mother looking to gain a sense of balance in her life.

Readers are encouraged to evaluate several aspects of their life.

At the end of each segment, readers are invited to engage in assignments that help to exercise the principals learned.

[The Momnificent Life: Healthy and Balanced Living for Busy Moms](#) is a book that I will keep nearby as a handy reference tool; as a means to finding a balance in an all too frequently unbalanced lifestyle.

1 of 1 people found the following review helpful:

★★★★★ **Be Mommificent!**, May 11, 2009

By [M. Correll](#)  - [See all my reviews](#)
REAL NAME™

I have experienced this book. It is more than just information but a way to examine your life....to be both challenged and encouraged. Each chapter has very relevant topics and practical application. There are questions for personal reflection on each topic. "Healthy and balanced" are wishes deep in the heart of moms and Lori brings this book as a map for the journey. I hope you will read this book and allow the wisdom that is in it to fill your life. I find myself reaching to read this resource again and again. You will be glad that you invested in this book. Go Moms!!!!..."Be Mommificent".