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# Mom Set Free: Find Relief From The Pressure To Get It All Right



## Synopsis

Combining modern research, personal stories, professional experience, and real-life examples, Jeannie Cunnion shows parents how to embrace God's grace and let go of the pressures-external and internal-that come with raising children. Moms are under So. Much. Pressure. We moms are told that we have to get it all right so our kids turn out right. We're told that their entire futures are riding on our ability to perfectly orchestrate their lives. And we're told that the strength of their faith hinges on ours. And we begin to believe that if we just try hard enough, we can actually "be enough." These impossible standards leave us stuck in worry, anger, guilt, comparison, and shame. Jeannie Cunnion gets it. And in *Mom Set Free* she reveals how the Good News of the Gospel empowers us to live-and parent-in the freedom for which Christ has set us free. Jeannie invites us to journey alongside her as we learn to: • Lay down what God has not asked us to carry so we can thrive in what He has. • Embrace our significance in our children's lives in light of God's sovereignty. • Trust God with the children He has entrusted to us. • Receive God's grace so we can reflect God's heart to our kids.

## Book Information

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## Customer Reviews

• *Mom Set Free* will empower you to push back the pressures of parenting with the truth of God's Word. Don't miss out on the relief waiting for you within these pages. • Kathie Lee Gifford, actress, singer, playwright, songwriter and co-host of the *Today Show*'s *Fourth Hour* Jeannie helps us to "breathe God's grace" into our own hearts so we can shower that

same grace on our children." Korie Robertson, star of *Duck Dynasty* and author of *Strong and Kind* "Reading *Mom Set Free* is like that first breath of fresh air you take after being under water for too long. Jeannie skillfully shows us how the gospel gives life, freedom, and rest." Jessica Thompson, author and popular speaker "There are so many things I love about Jeannie Cunnion. She is funny, she is real, and she isn't afraid to let you know she doesn't have all the answers. As I read *Mom Set Free*, I immediately felt a weight lift off my shoulders. You will find yourself alternately nodding your head and breathing a deep sigh of relief as you turn each page." • Melanie Shankle, New York Times bestselling author and writer at The Big Mama Blog "Jeannie Cunnion has done something profound with *Mom Set Free* that has the power to not only change your life, but the lives of your kids. Whether you are a new mom or a seasoned mom, this book will radically impact your parenting. Jeannie won't waste your time with fluff. If you read it slow and open your heart to God's amazing grace, this book will set you radically free." • Courtney DeFeo, author of *In This House, We Will Giggle* and creator of *Lil Light O Mine* "Jeannie beautifully brings the transforming power of our freedom in Christ into the everyday mission field at our kitchen tables. With sound theology made practical and applicable, *Mom Set Free* takes the pressure off of our performance and points us to God's faithfulness through Christ." Ruth Chou Simons, mom of six boys, artist and author of *GraceLaced: Discovering Timeless Truths through Seasons of the Heart*. *Mom Set Free* should be the book that sits on every mother's nightstand. Read this empowering message, and walk in the freedom you are made for." • Jennifer Dukes Lee, author of *The Happiness Dare* and *Love Idol* "Jeannie Cunnion has gently crafted a crucial mothering tool that will empower us moms to preach gospel truth to our own souls, setting us free from the shackles we've allowed to be placed on us. Part heartfelt stories, part scriptural study, this encouraging book will enable you to know and walk in the truth that truly sets you free, so you can parent your children in humility and confidence, resting securely in God's grace." • Karen Ehman, Proverbs 31 Ministries speaker; New York Times best-selling author of *Keep It Shut* and *Listen, Love, Repeat*; wife; and mom of three "As a counselor, I sit with weary parents every day--parents who are wearied by the pressure their kids face and wearied by the pressure they face. This weariness trickles out in anxiety, exhaustion, and even anger. And it feels like anything but freedom. But each page of Jeannie's book is entrenched in grace. It will bring not only freedom to each mom who reads it, but it will bring hope--hope that she can be wonderfully, gracefully set free." • Sissy Goff, M.Ed., LPC, director of child & adolescent counseling at Daystar Counseling Ministries, Nashville, TN; speaker; and author of *Are My Kids on Track?* "If you desire to parent your children with grace, you must first learn to live in grace

yourself. This is the message behind Jeannie Cunnion's, *Mom Set Free*. Full of the Truth that empowers any mother to overcome the lies of the enemy, *Mom Set Free* releases us to live confidently as we learn to believe that the Lord is not disappointed in us. Jeannine Cunnion doesn't just get it. She shares a practical hope that moves our hearts to freedom. I cannot recommend this book enough.

• Becky Thompson, author of *Hope Unfolding* and *Love Unending* "For the mom who frequently hears the voices of guilt and shame around her parenting, for the mom who wonders if God really loves her, for the mom who holds it all together publicly but inside is crumbling: for that mom, it is time to experience freedom. *Mom Set Free* guides us to the kind of freedom that allows us to thrive because we understand how much God loves us. If you want this kind of life-altering freedom, you've come to the right place."

• Alexandra Kuykendall, author *Loving My Actual Life* and co-host of *The Open Door Sisterhood Podcast* "Ahhh! Parenting can feel so overwhelming, but Jeannie Cunnion's words fill me with the sweet relief of understanding that it's not about what I do but about what God has already done. Cunnion gets it: the worry that you're screwing up your kids, the feeling that you can't breathe. She's been there, and in *Mom Set Free*, she offers insight and wisdom to lead us into fresh air."

• Melanie Dale, author of *It's Not Fair* and *Women Are Scary* "In *Mom Set Free*, Jeannie uses God's Word to create a beautiful quilt of rest and encouragement while exposing and embracing the heart struggles of every mom. *Mom Set Free* is full of God's unconditional love, affirmation, and Truth for His daughters." Wynter Pitts, author of *She is Yours* and founder of the magazine *For Girls Like You* and resources for girls. "I've been a missionary in Haiti for fifteen years, helping raise the children God has given us, and Jeannie's message of grace and freedom in *Mom Set Free* has changed my life and the way I parent. This book will not only encourage you, but point you to Jesus so that you, in turn, can point your children to Him."

• Karris Hudson, field director/vice-president at *Danita's Children/Hope for Haiti Children's Center* "While raising my four sons, I have read my fair share of books on how to show God's love and grace to my kids, all the while beating myself up for my imperfections and feeling I have fallen short of being the mom I ought to be. The funny thing is, I don't think I even realized this was happening until I read *Mom Set Free*. Thank you, Jeannie, for sharing God's heart, not just for kids, but indeed for us weary moms. Reading this book has been like a full-body dip in the most refreshing stream of God's love and grace."

• Monica Swanson, writer at *Monica Swanson--The Grommom* --This text refers to the Paperback edition.

Jeannie Cunnion is the author of *Parenting the Wholehearted Child* and is a frequent speaker at

women's conferences and parenting events around the country. She holds a master's degree in social work, and her writing has been featured on outlets such as The Today Show, Fox News, The 700 Club, and Focus on the Family. Vanessa Daniels has worked as a professional actress in theater, film, TV, commercials, and voice-over for almost two decades. She holds a BFA in drama from New York University and is a member of SAG-AFTRA and Actors' Equity Association.

In our efforts to raise great kids, we Moms put a ton of pressure on ourselves. We want to get it all right, and we feel like we've failed anytime our kids do not meet our (or anyone else's) expectations. We try to extend grace to our kids, but we are often drawing from an empty well. Mom Set Free spoke to this in me in a profound way. I cannot give my kids what I have not received for myself! I knew that in my head, but this book made it so much more real in my heart. I will return to Jeannie's words again and again, like a fresh shower when I find myself overwhelmed and striving too hard. Every Mom should make the time to read this book! I was given an advanced copy of Mom Set Free, but have ordered more copies to give to friends!

I am so thankful for Jeannie sharing the words that God gave her because they have breathed new life into me! Mom Set Free not only shares the undeniable truth that God shares in His Word but it gives practical and tangible insight that we can apply to our lives. Jeannie shares her own story and struggles - she's raw and honest. Her writing made me feel like I was sitting down with a cup of coffee talking to a dear friend, which is exactly what moms need! I can't recommend this book enough!

This book is such a breath of fresh air and what I think every momma's heart needs. It was a game changer for me, and I'm giving it all the praise!! Us mom's feel so overwhelmed with a pressure to do it all and be it all for our kids. And, if we're not the uber chic, trendy, Pinterest mom, who ALWAYS has the whole #momming thing down, then we're not a good mom at all. At least, that's what we're led to believe about ourselves. What if there's a way of being a mom, being a parent, that looks completely different from that? What if there's a grace-filled way to live out our lives, only seeking what's most important. Filling our mom hearts up with God's love, goodness, and grace, and living out of an overflow of those things instead? Mom Set Free explores how we can simply be the best mom for our sweet little ones, and create transformed homes filled with that same love, goodness, and grace, by not succumbing to the pressures society places on us, but instead by grasping who God truly is to us, and what He has to offer us. Are you ready to be set free, dear momma? Thank

you Jeannie Cunnion for pouring your heart out on these pages, and sharing with us something truly beautiful to cling to! I simply can't find enough great words to say about this book!

As a young mom and as a someone who struggles with worry and fear of whether or not I am good enough, the truth in this book breathed new life into my soul. There is no shortage of parenting books out there but this one is different. Rather than feeling more stressed by all of the expectations and rules in a typical parenting book, I found hope and joy within the pages of this book. Jeannie offered the encouragement I needed to parent in the confidence of who God is rather than what I am not. She reminded me that it is not our job to BE God in our children's lives, but to point them TO God. And her writing gave me a hope-filled invitation to trust God with the precious child God has entrusted to me. This book will remain a staple on my nightstand and I look forward to reading its hope-filled truth again and again.

Jeannie is not only a deep thinker, she's a terrific communicator that welcomes you into the truth about societal messaging - you know, the almost incessant pressures and stress to perform close to perfection - not only hitting our kids, but also parents. So there's that, but there's also the beautiful, gentle & winsome way she unpacks God's invitation to understand freedom from the pressures through Christ's grace. Though the concept of grace is hard to grasp, to embrace or even to buy - since it's almost too good to be true, and how does it work anyway - Jeannie dives into what it means to know the freedom for which we have been set free. Then she takes it a step further to ask, then answer: what does it look like to have that overflow into parenting? And since grace applies to more than just parenting, get ready - the message will inform so many other aspects of your life. Thanks Jeannie for taking the time and effort to put pen to paper.

After a tough night of parenting where I found myself dissecting all that my husband and I could have done differently, I anxiously woke up at 5 a.m. and got back to reading this book. Jeannie Cunnion does a beautiful job of reminding us (me!) that, while parenting is a huge job, we are not the master potters of our children's hearts. Through scripture combined with wisdom and lots of humble confession, she sets out to set us free. If you're a mom struggling to get it right, please pick up this book. You will not regret it! You might even give up the struggle and trade it in for some trust and peace and a deeper walk with God.

As a mom of older kids, I can attest to the fact that this book is equally applicable to parents of little

ones as well as parents of teenagers and older. Jeannie writes so honestly and and courageously about her failed attempts to "get it all right" and her battles with trying to parent in perfection that I found myself thinking right away, "Me too!" But she doesn't leave us there. Jeannie shares God's truth that we have been set free to point our kids to Christ, knowing that His grace is sufficient. With college-aged kids, I found Jeannie's wisdom to be very applicable at this season in my parenting. After all...aren't we always a parent to our kids, no matter their age? And Jeannie's encouragement to trust God with the kids He has entrusted to us rings true at any phase of parenthood.

I loved Jeannie Cunnion's first book, and this one is equally powerful. Packed with truth, humility, humor, and refreshing wisdom, "Mom Set Free" offers a much-needed escape for today's moms, who feel exhausted by the constant quest to be the parents we thought we'd be (and often fail to measure up to). By helping us fix our eyes on Christ - and teaching our kids to do the same - Jeannie leads us to a place of deep, soulful peace where we can rest in God's love and be restored for the journey ahead. This is a must-read and a necessity for every mother's bedside table!

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