



Hoodwinked: Ten Myths Moms Believe and Why We All Need To Knock It Off

By Karen Ehman, Ruth Schwenk

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Moms have been hoodwinked—tricked into believing lies that keep them from not only enjoying motherhood, but forging friendships with other moms who might tackle the tasks of motherhood differently. Myths such as “Mothering is natural, easy, and instinctive” cause moms to feel like failures if they have questions or apprehensions in raising their kids. Operating from the premise that “The way I mother is the right (and only) way” puts up fences between moms instead of building bridges of encouragement between them. Lies such as “I am my child’s choices” tempt moms to mistakenly believe that if their child makes a wrong choice then they, in turn, must be a bad mom.

In their encouraging “we’ve been there” style, Karen Ehman and Ruth Schwenk enable mothers to:

- Identify the ten myths of motherhood our current culture perpetuates
- Replace the lies with the truth of what God says in the Bible about mothering
- Acquire practical tools to help them form new and improved thought patterns and healthy behaviors
- Forge healthy, supportive relationships with other moms of all ages and stages
- Confidently embrace the calling of motherhood as they care for their families in their own unique way

A six-session video Bible study for group or individual use is also available.



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Editorial Review

Review

Which of us moms, before we had kids, didn't swear that we'd get it right, only to find out somewhere along the way that motherhood isn't always everything it's cracked up to be? Equal parts encouraging and inspiring, *Hoodwinked* is the perfect dose of relief for any mom feeling guilty for not being able to do it all. (– *Ruth Soukup, New York Times bestselling author of Living Well, Spending Less: 12 Secrets of the Good Life*)

Hoodwinked reads like an encouraging letter from a friend. It is full of grace, biblical wisdom, and inspiration. Many books on motherhood leave me wondering if I'm doing it all wrong. Karen and Ruth are bravely transparent and meet us moms right where we are. This book gives us the hope and encouragement we need in the midst of weary days. (– *Courtney Joseph, author and blogger at WomenLivingWell.org / Home of Good Morning Girls*)

Karen and Ruth understand what it is to battle the voices of guilt, anxiety, and inadequacy that plague many mothers who want to give their best to their children. In this book they share life changing truths that all mothers can grab hold of, not just to survive the journey of motherhood but to thrive in confidence and joy. (– *Chrystal Evans Hurst, coauthor of Kingdom Woman*)

Motherhood is not a trick or trap---it's a calling. In our culture, moms are constantly sent mixed messages. This powerful book will help mothers walk in the truth of the gospel! (– *Kristen Welch, author of Rhinestone Jesus and blogger at Wearethatfamily.com*)

Hoodwinked is a clever, insightful, and much-needed resource for moms of every age! Debunking the common myths about motherhood touched the deep insecurities I have wrestled with as a new mom. It is a beautiful book all moms should read. (– *Jennifer Smith, author of The Unveiled Wife: Embracing Intimacy with God and Your Husband*)

If you've ever wondered if you are doing this mom thing right, pick up *Hoodwinked* for wise guidance, laughs, and assurance. You'll learn how to tell the difference between what's important---and what's not---in this loving guide from two moms who have been there. (– *Arlene Pellicane, author of 31 Days to Becoming a Happy Mom*)

Moms of all seasons will find compassion for the demands of the journey as well as hope and inspiration for living faithfully as a mother. Heartwarming stories, soul-filled inspiration, and generous wisdom fill each page so that mothers will feel understood, validated, and uplifted. I love the ministry hearts of Ruth and Karen and know their stories will encourage every mom who reads this book. (– *Sally Clarkson, popular conference speaker and author of numerous books including Desperate: Hope for the Mom Who Needs to Breathe*)

Hoodwinked is an excellent source of encouragement for moms. It dispels the myths that confuse us and the lies that bring us down. I can't even begin to tell you the many times I felt like a failure or how often I compared myself to other moms. If only this book had been around twenty years ago when I started raising children, I would have done things differently. (– *Darlene Schacht, author of Messy Beautiful Love: Hope and Redemption for Real-Life Marriages*)

Hoodwinked is for every mother who has ever questioned her parenting ability. Ruth and Karen, a dynamic duo, have teamed up to equip women to silence the destructive motherhood myths with the freeing truth of God's Word! (*—Jeannie Cunnion, author of Parenting the Wholehearted Child*)

Oh, how I wish I'd had this book when I first became a mom! Karen and Ruth have pulled back the curtain on the lies we tend to believe about motherhood. Even more importantly, though, they have revealed the truth that will set us free. Soak in these words, recalibrate your thinking, and be hoodwinked no more! (*—Jill Savage, CEO of Hearts at Home, author of No More Perfect Moms*)

About the Author

Karen Ehman is a Proverbs 31 Ministries speaker, a New York Times best-selling author, and a writer for Encouragement For Today, an online devotional that reaches over one million women daily. She has written seven nine books including *KEEP IT SHUT: What to Say, How to Say It & When to Say Nothing at All* and *LET IT GO: How to Stop Running the Show & Start Walking in Faith*. Married to her college sweetheart, Todd, and the mother of three, she enjoys antique hunting, cheering for the Detroit Tigers, and feeding the many teens who gather around her kitchen island for a taste of Mama Karen's cooking. Connect with her at www.karenehman.com.

Ruth Schwenk is the founder of The Better Mom, and along with her husband, the creator of For the Family. She is a pastor's wife, mom of four energetic kids, a lover of coffee, and dreamer of big dreams. She loves leading, speaking, and blogging. Ruth is the co-author of *Hoodwinked* and *Pressing Pause*. Ruth and her husband are also the co-authors of *For Better or for Kids*. A graduate of The Moody Bible Institute, Ruth and her husband, Patrick, have been in full-time church ministry for over fifteen years, and they live in Ann Arbor, Michigan.

Users Review

From reader reviews:

Jane Garner:

Have you spare time for the day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a move, shopping, or went to the actual Mall. How about open or perhaps read a book called *Hoodwinked: Ten Myths Moms Believe and Why We All Need To Knock It Off?* Maybe it is for being best activity for you. You recognize beside you can spend your time along with your favorite's book, you can better than before. Do you agree with their opinion or you have other opinion?

Byron Angle:

Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite

from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Hoodwinked: Ten Myths Moms Believe and Why We All Need To Knock It Off, you can enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh seriously its mind hangout fellas. What? Still don't understand it, oh come on its named reading friends.

Helen McCleary:

Many people spending their moment by playing outside together with friends, fun activity along with family or just watching TV all day long. You can have new activity to shell out your whole day by studying a book. Ugh, you think reading a book can really hard because you have to bring the book everywhere? It ok you can have the e-book, getting everywhere you want in your Smartphone. Like Hoodwinked: Ten Myths Moms Believe and Why We All Need To Knock It Off which is finding the e-book version. So , try out this book? Let's observe.

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