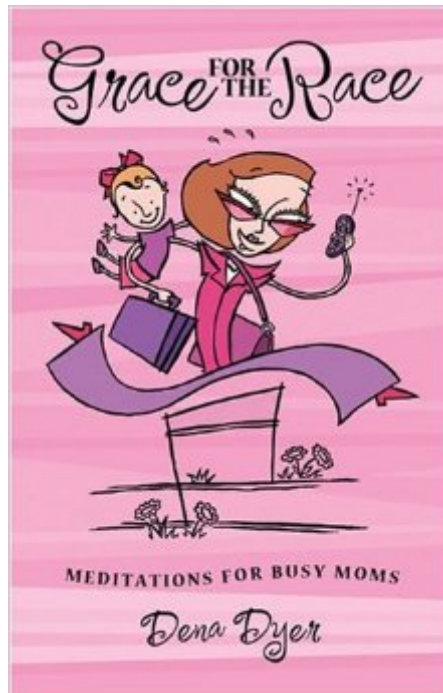


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# Grace For The Race: Meditations For Busy Moms



## Synopsis

Busy mothers need encouragement, community, and, sometimes, a counselor on speed dial! Dena Dyer herself a busy young mom uses real-life stories, scripture, and gentle humor to soothe the souls of frazzled females. By being honest and vulnerable about the ways God has shown Himself to her as she's struggled with motherhood, Dena hopes to help moms realize that they're not alone and they're not crazy! She says, "I surely don't have it all together (in fact, I usually can't even find it all), but I do have a Coach who holds me together. And I long to come alongside you as a fellow runner, not an expert, to cheer you on in your daily race."

Endorsements: With complete honesty and "been there, done that" humor, Dena Dyer's *Grace for the Race: Meditations for Busy Moms* treats us moms to the very things we need most...understanding, laughter, and soul rest. ---Lisa Espinoza Johnson, author of *Days of Whine and Noses--Pep Talks for Tuckered Out Moms* Dena Dyer writes this encouraging devotional with vulnerability and wisdom which will refresh the hearts of busy moms in whatever season of life they find themselves. ---Cheri Fuller, speaker and author of the bestselling *When Mothers Pray, The Mom You're Meant to Be*, and other books Dena Dyer's *Grace for the Race* reminds me of Anne Morrow Lindbergh's *Gifts from the Sea*. I love her poignant reflections. ---Marsha Marks, author of *If I Ignore it, It will Go Away and Other Lies I Thought Were True* As a mother of seven, I appreciate a book that allows me to escape the hectic pace of motherhood and take an oasis break for a moment or two. Dena Dyer has created a delightful haven with words for busy moms. I highly recommend this wonderful book. In one gentle stroke it will lighten your load, rejuvenate your sense of fun, and refresh your spirit. ---Ellie Kay, "America's Financial Expert" (R) and author of eight books including *A Woman's Guide to Family Finance*

## Book Information

Series: Barbour Value Paperback

Paperback: 192 pages

Publisher: Barbour Publishing, Incorporated (November 1, 2004)

Language: English

ISBN-10: 1593103379

ISBN-13: 978-1593103378

Product Dimensions: 8 x 5.2 x 0.5 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.9 out of 5 stars See all reviews (13 customer reviews)

Best Sellers Rank: #2,093,203 in Books (See Top 100 in Books) #92 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #3411 in Books > Parenting & Relationships > Family Relationships > Motherhood #4880 in Books > Christian Books & Bibles > Worship & Devotion > Meditations

## Customer Reviews

As a mom of five, it's so great to find an author who understands my sprint. Dena Dyer has put together a dynamite book of motherly meditations. Moms, grab your latte (though we all know most busy mothers have to settle for a quick half-cup of luke warm instant coffee-like-product) and pick up GRACE FOR THE RACE. You'll find warm chuckles and some helpful "ah-ha" moments as you head for the finish. Great book!

Dena's reflections on life as a young mother bring your own daily challenges into focus. She shares her heart. She shows her heart. This book is written in a way that you can easily pick up where you last left off. The chapters are small enough that you don't need a lot of time to read them, yet long enough to inspire you to challenge your toddler to a broccoli duo!!! Awesome wife, mother and author!!

Dena's book was the perfect thing to read in the car with my 3 kids. She has a way of making the reader understand that all moms go through struggles- even the ones who make it look so easy. I couldn't turn to the next story quick enough. I can't wait for her next book to come out

No matter what season of mothering you're in, GRACE FOR THE RACE offers something to encourage you. If you're pregnant, maybe you can relate to Dena who says, "As I write this, I'm seven months pregnant with our second child, and I have a confession: I don't like it! I feel like a penguin in bicycle shorts!" If you're a new mom struggling with keeping up and wondering why your emotions are all wacky, you'll be blessed by Dena's tender descriptions of her postpartum depression, when she was "low on sleep and high on anxiety." Dena says that her passion is to "help women see that we're in this race together." GRACE FOR THE RACE is divided into nine sections that relate to the various stages and emotions of motherhood: training well, warming up and stretching out, the first lap, using proper equipment, hopping over the hurdles, handing it off, in the final stretch, crossing the finish line, and on the podium. In the beginning of the book, she quotes a prayer from Saint Frances Cabrini, "Give me your grace, most loving Jesus, and I will run after

You to the finish line, forever. Help me, Jesus, because I want to do this with burning fervor, speedily."Each chapter is short, a few pages of hilarious stories from Dena's personal life. And she is such a great storyteller -- I can totally relate to everything she's describing. At the end of each section, she offers "Notes from the Coach," which are easy-to-read scriptures from modern versions of the Bible that speak right to the heart. I'm going to get some copies of this book to have on hand for baby shower gifts and for mom friends who I want to encourage. It's so wonderful to read something where you feel loved and accepted for who you are, yet also challenged to be the best you can be for God. Dena says, "If you're like me, you probably feel 'stuck' sometimes. Every day, I look toward the top of Mt. Laundry, having just tackled Mt. Dishes. Taking a deep breath, I start the climb...When I feel overwhelmed in the midst of the endurance test called parenthood, it helps me to remember that I'm not alone -- other climbers have gone before me."Reading this book is like pausing a minute to sip a cool refreshing drink, then gearing back up for the climb, knowing that you're never, never in this parenting gig alone.--Reviewed by Heather Lynn Ivester for Mind & Media

Grace for the Race is a great book for moms. Dena is a super writer whose wit and wisdom really shine.

Grace For The Race provides an oasis of calm in a busy day. Dena's style is conversational and casual but it's full of deeper meaning. Her honesty gave me a safe place to relax and stop fretting about getting it all done perfectly. The book is full of stories about hearing God's voice above the rattle of our hectic lives. It's a great reminder to slow down to enjoy the view.

This book is a wonderful way to take a few minutes out of your day to slow down and appreciate the things in life! I love the verses at the end of each devotion that go along with that chapter. A very fun and easy read with a lot of meaning and real life experiences.

When I first sat down with Grace For The Race I figured I would read a couple of the devotions. I read half the book before I realized it. These meditations, geared towards busy moms, will make you forget just how busy you are. They are so delightful, humorous, and heartwarming. You will enjoy every carefree moment you spend reading it. And, it will definitely leave you feeling like those moments were truly carefree. Dena Dyer divides her thought provoking meditations into nine sections designed to inspire and encourage. Each piece begins with an appetizer (a quote) and ends with desert (scripture) related to that particular meditation. The entree is stories and insights

from Dena's own life. Each piece is filling and inspirational. You not only get a peak into Dena's own life, but you realize that what Dena says is true--we are all fellow runners, in the same daily race, with the same Coach. As Dena would have it, Grace For The Race, cheers you on in your daily race and inspires you to look for the little miracles in your own life. It also encourages you to set aside time, even if it is just a few minutes here and there, to talk to your Coach and lean on Him.

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