

(Free) The Fringe Hours: Making Time for You

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Jessica N. Turner

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Jessica N. Turner : The Fringe Hours: Making Time for You before purchasing it in order to gage whether or not it would be worth my time, and all praised The Fringe Hours: Making Time for You:

4 of 4 people found the following review helpful. Fringe is so IN!By MamatwoboysI read this book in early January, you know the time of year when you are starting fresh and setting goals. I felt like I needed to read it quickly when I first received it but then decided that to fully digest the message it was okay to take it slow. It was going to be more meaningful to take one bite at a time and savor the message. I think that was the right approach. As I studied Jessica's wisdom, anecdotes and shared stories I felt like we could be great friends. She is REAL and HONEST and SINCERE

and she was telling me things that I knew but certainly needed to be reminded of. I AM IMPORTANT. I AM A WOMAN BEFORE I AM A MOTHER OR WIFE. I DESERVE TIME AND JOY AND SPACE. And I didn't have to adjust my whole lifestyle to get just that! Her whispers remain with me three months later and I look for #FringeHours in my daily life. I allow myself those moments to create, read, breathe and to just not feel the pressure to always be moving about and serving others. Just this week I made two greeting cards, read more of a book, took a nap to refresh myself midday and called a friend to have lunch. I didn't need to ask permission. I didn't need to feel guilty. I just needed to assert myself to myself and know that it is part of the plan to be happier and healthier, which in turn leads to being a better wife, mother and friend. I bought three extra copies of this book and shared them with friends. I think I'll be picking up another couple in the next few months for birthday gifts. I sure hope the friends I shared them with found some #FringeHours to read and enjoy this uplifting and inspiring book. 1 of 1 people found the following review helpful. I've been wanting to start reading again, and I'm glad L started with this one! By Mae Esperon It gave me the assurance that doing the things that I love is not just beneficial for myself, but for everyone else around me too. That's the message of the book over and over in each chapter said in many ways. I would be honest to say, at one point, I thought, ok, ok, I get the message now, maybe I should go on to my next book in my list. But I took the time to make it seep into my soul, reading only one chapter a day. And I'm glad I did. Perhaps it's because it's been implied over and over again, by ourselves or by society, that as working moms, we should spend ourselves dry, and making time for yourself is over indulgence that only princess can afford. You are not worth the investment. You are nobody's quest. Jessica slowly chips that away and assures you with different testimonies and biblical scripture that you are worth the investment. 1 of 1 people found the following review helpful. Great for overwhelmed moms By cassiet717 This book is full of encouragement and practical tips for finding time to breathe in the middle of a chaotic time. 4 stars instead of 5 only because I didn't really use/need the workbook aspect of it.

Every woman has had this experience: you get to the end of the day and realize you did nothing for you. And if you go days, weeks, or even months in this cycle, you begin to feel like you have lost a bit of yourself. While life is busy with a litany of must-dos--work, parenting, keeping house, grocery shopping, laundry and on and on--women do not have to push their own needs aside. Yet this is often what happens. There's just no time, right? Wrong. In this practical and liberating book, Jessica Turner empowers women to take back pockets of time they already have in their day in order to practice self-care and do the things they love. Turner uses her own experiences and those of women across the country to teach readers how to balance their many responsibilities while still taking time to invest in themselves. She also addresses barriers to this lifestyle, such as comparison and guilt, and demonstrates how eliminating these feelings and making changes to one's schedule will make the reader a better wife, mother, and friend. Perfect for any woman who is doing everything for everyone--except herself--The Fringe Hours is ideal for both individuals and small group use.

From the Back Cover "The Fringe Hours is like one gigantic permission slip to carve out some space in your day for the things that give you joy and feed your soul."--Brigid Schulte, New York Times bestselling author of Overwhelmed For the woman who is doing everything for everyone--except herself Ever get to the end of the day and realize you did nothing for you? In this practical and liberating book, Jessica N. Turner empowers you to take back the fringe hours--those little pockets of time you already have in your day--in order to make time for your passions and practice self-care. Based on original research, The Fringe Hours helps you overcome common hurdles that prevent women from taking time for themselves regularly. You'll also discover tips for maximizing the time you have and discover how living this lifestyle makes you a better wife, mother, and friend. "Turner masterfully combines creative ideas with stories of real women that leave you nodding your head and feeling empowered to create sacred space within your day and your life."--Rachel Macy Stafford, New York Times bestselling author of Hands Free Mama "I want to give The Fringe Hours to every woman in my life, because this is the conversation we're having over and over, at soccer practice and church and crammed between meetings. Jessica's practical style made me feel like another way is possible."--Shauna Niequist, author of Bread Wine "I've long admired how Jessica manages to do so much and yet still have time for things she loves. This book is a must-read for busy women everywhere!"--Crystal Paine, founder of MoneySavingMom.com and New York Times bestselling author of Say Goodbye to Survival Mode "An honest and encouraging account of how women can make time for what fills them up most."--Tara Sophia Mohr, author of Playing Big Jessica N. Turner is the founder of the popular lifestyle blog The Mom Creative, where she documents her pursuit of cultivating a life well-crafted. She is a writer for DaySpring's (in)courage community, an advocate for World Vision, a regular speaker at blogging conferences nationwide, and an award-winning marketing professional. She and her husband, Matthew, live with their children in Nashville, Tennessee. Connect with her on TheMomCreative.com About the Author Jessica N. Turner is the founder of the popular lifestyle blog The Mom Creative, where she documents her pursuit of cultivating a life well-crafted. Additionally, she is a writer for DaySpring's (in)courage, an advocate for World Vision, a regular speaker at blogging conferences nationwide, and an award-winning marketing professional. She and her husband, Matthew live with their two young children in Nashville,

Tennessee.