



The Fringe Hours: Making Time for You

Jessica N. Turner

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"*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

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