



You Cannot Be Serious - and 32 Other Rules that Sustain a (Mostly) Balanced Mom

Elizabeth Lyons

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For years, author Elizabeth Lyons has been asked how she does it all.

Whether she's negotiating a truce between her 10- and 5-year-old while eulogizing goldfish, swinging a sledgehammer in her garage-to-be-nursery, bribing her twins to keep their pants on in the grocery store, planning her product line, strategically placing carrot seeds in her garden, receiving life lessons from her oldest daughter, or explaining to her kids why a fellow post office patron has pierced nipples, Elizabeth Lyons has discovered that the secret to navigating through the land of euphoria and hysteria is a carefully crafted set of rules--for herself!

You Cannot Be Serious is a contemporary and humorous roadmap for "doing it all" that any woman can relate to for untying her own "nits." And for moms who lie awake at night wondering if their sanity will remain intact until the kids move out, Lyons provides a girlfriend-to-girlfriend guide, not just for getting through each day, but for being able to say with conviction, "I love my life!"

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