

"A once in a lifetime book that will free mothers from the cultural shackles of martyrdom, lack and self-sacrifice that we have accepted for so long to abundance, value and worth that are inherently ours to claim as mothers."

—Dr. Shefali Tsabary,
author of *The New York Times* Bestseller "*The Conscious Parent*"



S U Z I L U L A

The
MOTHERHOOD
Evolution

HOW THRIVING MOTHERS
RAISE THRIVING CHILDREN

FOREWORD BY
DR. SHEFALI TSABARY

INTRODUCTION BY
MICHAEL BERNARD BECKWITH



AMAZON CUSTOMER BOOK REVIEWS



If you've ever wondered how you can give lovingly while staying soulfully nourished, READ THIS BOOK.

By: Amy Shihon October 11, 2016

THE MOTHERHOOD EVOLUTION provides an enlightened perspective in viewing self-care. We are shown how cultivating an abundance mindset or inner care ritual, ironically, INCREASES our capacity for authentic giving.

This book debunks the fantasy of being a "good" mother and provides a rite of passage for becoming a fulfilled mother. Suzi masterfully conveys this powerful and profound message throughout her book: When we nourish our souls, we are able to connect with our "intrinsic worth" and experience abundance.

Here is one of my favorite quotes from the book: "When we change the context from one of lack and deprivation to one of abundance and fulfillment, the whole experience of motherhood itself changes."

It becomes clear, through comprehensive explanations and real-life examples, that when we are in touch with our abundance, we are able to create a sacred context for life experiences. In other words, when we are nourished from within, all experiences are infused with meaning. We can take this felt abundance into our day, our work, and interactions. A renewed sense of vitality can make what was mundane feel rich, what was ordinary holy, what was humdrum exciting.

Suzi illuminates the importance of attuning to our internal world and inner restlessness. So undeniably do her words resonate with a profound truth when she says that we need to pay attention to the part of ourselves that is not being expressed because this is not separate from who we are.

My take away from the above point: If we love to write, for example, and do not spend time writing, this creates incongruence within our Being. Suzi brings a clear and vivid understanding to the idea the very thing that energizes us, we cut off because we think we do not have time for it. Without realizing it, we stifle our unique expression and way of engaging life itself. I interpret this to be a signature expression we embody and bring into every moment. This is our intimate relationship with life itself. When we forget to nourish this relationship, our daily expectations can seem taxing and leave us feeling depleted. Conversely, we learn from this book, that when we take the time to engage in activities that feed our soul, we can connect with our very Being or essence.

It's in this space that we are not preoccupied with time; we are reminded of what it means to be fully present; what it means to be fully alive, what it means to be in "flow."

Suzi is liberating so many mothers by taking the "ish" out of self first. She is shifting how we think about self-care. We can be fulfilled mothers with a joie de vivre! And this shift-dare I say-- is making self-care SEXY.

As a mother, wife, and licensed relationship therapist, I have seen in my own life a dramatic shift when I'm practicing inner care. When I'm tending to my soul needs, which might mean listening to music to quiet my mind or writing in the early morning, I tap into a delicious energy that almost feels like a long, loving embrace. From this inner fullness, I feel greater compassion for everyone around me. I can give lovingly in all my relationships. I'm able to be more present with my child. I can see that nourishing Spirit is really a way for me to inhabit the spiritual qualities that are so natural for my child: presence, joy, ebullience, and abundance.

Practicing inner care is a way for me to keep returning to my abundance. When I do this, I'm able to bring ALL of me to whatever it is I'm doing. It's the integrating of the "being" and "doing" that is transformational.

This book is truly a treasure for the soul. We are invited to discover/rediscover the abundance vibrating so strongly in our children and that is inherent in everyone but has been muted by our roles and identities. This book is for anyone who would like to experience greater joy and practice WHOLEHEARTED living.



A must read

By: Beth on July 9, 2017

I am inspired!! Inspired by being reminded of my own essence, my own potential to change my world and our world, my calling to listen to my calling. The Motherhood Evolution is the gentle hug every mother needs to propel us to fearlessly love ourselves, our children, and others.



Five Stars

By: Cheryl Bingham on April 13, 2017

Wonderful book!! I would highly recommend this book by Suzi!! Such an eye opening read:)



Wonderful book about how self-care is the new vision for motherhood.

By: Davina Kotulskion April 6, 2017

As a psychologist and life coach I'm constantly working with my clients to prioritize self-care. Mothers and those in the healing arts seem to be most challenged by this. They take care of others, but often neglect themselves. Both have so many people relying on them and both are role models. Finally a book that does away with the notion of sacrifice and shows the importance of self-care as the new vision for motherhood and those who nurture others.



for sure the result is a better us, children and world

By: Amazon Customer on February 25, 2017

Here is a book with liberating news and an invitation to shift the way we see ourselves, our children and every moment in life! If we realize that "self care is the bridge to living an expansive, enlighten fulfilled life", if we accept that "our children invite us to grow" , if we practice "gratitude in every challenging situation".... for sure the result is a better us, children and world.



The is a beautifully written book that will shift perspectives in parenting and ...

By: Amazon Customer on January 25, 2017

An extraordinary work by Suzi Lula! The is a beautifully written book that will shift perspectives in parenting and the concept of self-care. Highly recommended for all conscious parents around the globe.



Four Stars

By: Amazon Customer on July 26, 2017

Good book!



This book helped guide me to find my souls joy, spend time with me - that I'm awesome

...

By: Kylie Johnston, New Zealand on January 20, 2017

Reading this book has revolutionized my way of 'mothering', I used to think I was selfish to take time to myself and do the things that fill my soul.

This book helped guide me to find my souls joy, spend time with me - that I'm awesome (still sounds so weird to say I will get there), that in doing myself service I am better able to serve others



I thank you and my many other soul sisters for everyday awakenings, unlimited love ♥
compassion and belonging xox



motherhood must be embraced from an embodied place of joy and self-fulfillment

By: Susan Doherty on December 29, 2016

Suzi Lula writes from a place of deep knowing--for children to thrive, motherhood must be embraced from an embodied place of joy and self-fulfillment. Liberating and motivating, she shows us that letting go of self-sacrifice for family makes possible self-care as a spiritual practice. Highly readable, extraordinarily useful, full of wholesome insights, this book bursts with the insightful, inspirational, motivating words of wisdom to get us on the path. Consciously and collectively, mothers will claim their rightful role as champions of compassionate, kind-loving hearts. Children will mirror the joy and learn self-care; together we will evolve toward a more peaceful people.



A loving invitation toward abundance for everyone, even moms

By: W. P. Owen on December 13, 2016

Like nourishing rain drops in my difficult postpartum and transition into motherhood, Suzi's words soothed, inspired and guided me towards trusting my internal instinct and surrendering deeper into my "being" energy as a mom. Many learnings are life-long homework for me as I try to reprogram my brain around valuing sacrifice, martyrdom and selflessness even at the expense of my own spirit. Even when I fail at it miserably, I feel Suzi has forever raised my consciousness around embracing self-care over "running on empty". She advocates a massive cultural paradigm shift away from "efforting" your way toward mothering and instead invites the world to embrace a way of being with ourselves that ultimately creates a deeper connection with whatever it is we are nurturing. Her book is a loving invitation toward a life of abundance and limitless possibilities for everyone, even moms.



Suzi manages to so beautifully, and so articulately wrap you gently in her ...

By: Amazon Customer on November 24, 2016

I have read tens of hundreds of parenting books, yet only cherish a small handful that are my go to manuals, and this is one of those books! Suzi manages to so beautifully, and so articulately wrap you gently in her words, so you feel supported through your parenting journey. She has such an amazing way of conveying the necessary need for mothers to prioritise their self-care in order to live a fulfilling life and be more connected with their children. This book is powerful and totally and utterly life changing. It is the one book that ALL mothers need to have on their bedside table, and I will always read and refer back to this book.



Rev. Deborah Bogle, Mind-Body-Spirit Therapist & Coach and Founder of Helping Hearts Heal.

By: Rev. Deborah Bogle on November 21, 2016

The Motherhood Evolution book, written by Suzi Lula, is truly the BEST parenting book available on the market. It is true that many of the more recent parenting books are positive and helpful resources, this book is that and SO much more. The actual book cover radiates a fresh, light and serene vibe. It's 205 pages are conversational in style which make it an easy, inviting read. Suzi keeps the reader engaged within these pages by openly writing about her own life experiences, as both a daughter and a mother, in a vulnerable, real manner. She also has some real life client passages that are heartfelt, emotionally moving and also practical. As a professional who helps people heal from trauma, this book is a "God send" (literally) in that the main focus is on the vital need for one (mothers and all caregivers of children) to continuously implement self care first and foremost. Then, from a place of healthy reserve and overflow (instead of a place of depletion), to care for others in a loving, compassionate, healthy boundary setting, honest, "I truly see you" manner. Suzi explains in this book why self love and self care are so important and essential for raising/care-giving thriving children. She then guides the reader with outlining practical and spiritual ways to implement such on a daily, consistent basis. The message of this book is definitely one of Truth, along with strength and need for our current society. Another aspect that I feel really sets this book a part from other self-help, parenting type books is how consistently positive, encouraging and compassionate Suzi Lula comes across page after page towards herself, her clients and the reader. I feel Suzi must be writing from a true place of knowing, being and, yes, actually thriving as a woman and a mother. Blessings to her for taking the time and effort to show us how to do so also. Thank you, Suzi Lula! This book qualifies and actually deserves a 6 star rating instead of only 5! Purchase a book and see for yourself! I have purchased extra copies for holiday gifts.



I highly recommend her book for anyone who takes seriously the challenge ...

By: Amazon Customer on November 21, 2016

Suzi Lula's insights are supportive and powerful! I highly recommend her book for anyone who takes seriously the challenge of motherhood and parenting.



Deep, liberating wisdom offered in this book. Thank ...

By: Emily B. on November 13, 2016

Deep, liberating wisdom offered in this book. Thank you to the author for bringing forward 'motherhood enlightenment' for us all. My husband and I have both been touched and transformed by this work.



Beautiful! Insightful!

By: Amazon Customer on November 10, 2016

Suzi Lula is a beautiful amazing writer who gives every mother permission and guidance to live a thriving life for herself and for her children. I've already bought 10 and given to all my mother friends and plan to buy more. Don't miss this heartfelt exploration of living a thriving life. A must-read for all moms... For all on a spiritual journey.



Rejuvenated and inspired with each page I turned

By: Kalli Holmes Sorensen on November 5, 2016

As a mother of a special needs (ASD) son, and wife to a minister of a large community, my life often feels like I am "on alert." Some times just finding time to quietly read is difficult. Yet, this book was a practice in self care in itself as I looked forward to enjoying each chapter and feeling rejuvenated and inspired with each page I turned. Very well written, spot on with insights, and delivers an extremely important message to us mothers, one of balance and self love. Thoroughly enjoyed it and came back to Amazon to order more for gifts to pay it forward to other mothers in my tribe.



As mothers it is so easy to forget to take care of ourselves and pay ...

By: Gear Head on November 4, 2016

This book has changed the way I look at self-care. As mothers it is so easy to forget to take care of ourselves and pay close attention to our inner world. I love the way this book is written and the insights Suzi gives on ways to truly become a thriving mother so that your children and family will thrive. I have recommended this book to all the moms I know! Thank you!



Should be required reading for all moms!!!

By: Cory Thomsen on October 28, 2016

The Motherhood Evolution should be required reading for all moms. I used to think that taking care of myself was selfish and often put myself last on the list. A few years ago, I experienced a severe burnout and was forced to look at my priorities in life. The experience taught me how self-care is actually the BEST thing I can do (and model for) my children. This book deepened this concept even more for me. The real-life examples, based on mothers the author has counseled over the years, were enlightening and helped me to see how universally backward our culture has made the concept of self-care. Her tips for making self-care a priority were practical, easy to implement, and extremely helpful for taking my spiritual self-care practice to the next level. I highly recommend this book!



Life Changing - and Not just for mothers!

By: Ellen R on October 20, 2016

This book is an amazing, compassionate roadmap patiently and lovingly leading the reader to self-care practices that will CHANGE YOUR LIFE! In its pages, Suzi Lula teaches us that before we can best (healthfully, successfully) parent anyone else, we must learn to parent and care for ourselves FIRST, and then tells us how to go about it. Although Suzi addresses motherhood specifically, she is really speaking to the mother in all of us. This will serve anyone who is looking for greater connection within themselves - although it does have particular resonance with actual mothers. The Motherhood Evolution reveals that it is ONLY through self-care that we are able to best parent, and shares how rewarding and amazing the journey can be when we truly commit to putting ourself first.

I implore you to read this book, receive its messages and open yourself to the miracles that are possible with committed self-care. Truly life-changing! And an important addition to the growing literature of the conscious parenting movement.



A definite eye-opener!

By: B.Ramsay on October 19, 2016

The Motherhood Evolution is an incredible book! If we all practice self compassion, what a peaceful and loving world this will be. Everyone should read this book! It will enhance your life in so many ways.



Revolutionary!!

By: Susanna Peace Lovell on October 17, 2016

The Motherhood Evolution uplifts me beyond measure! The wisdom and guidance Suzi Lula shares in this book makes my Mama heart and spirit just SOAR. I have never heard a message of self care for mothers so crystal clear .. and in such practical ways for us to achieve this way of living. I have always considered "taking care of myself" as something to do with health and diet, but it is so so so much more. And especially as a mother to a special needs child, I am so in need of "filling my tank" to the fullest over and over again. Thank you, Suzi, for putting everything into words. I feel like the options for me as a mother are unlimited and that I can truly thrive in this LIFE!



An insightful and calming read....

By: Mark on October 9, 2016

I bought this as a gift for a friend but after thumbing through a few pages I just found some quiet time to spend reading the entire book. Solid, practical, and actionable guidance delivered in a warm and loving manner. Great read.



I used to be able to think, intellectually, ...

By: ANNE L. on October 3, 2016

I used to be able to think, intellectually, about the concepts of self compassion and getting my needs met. Suzi's teachings make me able to feel, emotionally, what those concepts mean for me. Being able to feel when to take care of myself has relaxed and enlightened my relationship with my whole family, especially my six year old.



I cried with every page

By: Amarian on October 1, 2016

I cried with every page!!!! Having gone through a difficult divorce, and the challenge of being a single mom for 2, this book not only made me feel so understood, but it allowed me to reconnect with my SELF. I can love myself without guilt or shame. Other parenting books point to the things I am doing wrong. Motherhood Evolution reminded me that there is great power in loving my Self as I myself learn. Thus, I win and my kids win. Thank You Suzi!!!



This book is smart and insightful

By: Carrie on September 29, 2016

I am so deeply moved by this book. It is so powerful and provides mothers everywhere with the piece that has been missing for so many of us. Suzi is right...it seems we mothers do need permission to truly give ourselves what we deeply need. This book is smart and insightful. Definitely a book to read and highlight...to contemplate...to cherish. I can not recommend it highly enough.



This Book Is a Doorway In to More Peace, Joy and Contentment

By: Evans on September 27, 2016

This book exceeded my expectations.

The author sets up the conditions for the reader to EXPERIENCE the capacities that lie within our BEING.

She masterfully guides us to be able to tap an inner power, a quiet palpable strength, an intrinsic peace and joy, that is patiently waiting for us to Realize it.

Suzi teaches the reader how to access and Experience a State of Inner Freedom, regardless of what is happening around us.

Mothering from a state of BEING is the greatest gift we can give ourselves, our children, and the planet.

Even if we don't have kids, in essence, we are Mothering Our "Self."

You will Love this book, for its capacity to remind you of who you truly are.



and filled with so many beautiful ideas and tips for momma's

By: Michelle Gale on September 27, 2016

Suzi is clearly a master at offering women guidance on what they so often need...self care. This book is honest, authentic, and filled with so many beautiful ideas and tips for momma's. Love it!



I LOVE THIS BOOK!!! :) 5 Stars

By: Mary Adams on September 27, 2016

This book was full of tools, ideas and thoughts about how to change the dynamic of parenting. What a great book for parents, educators, grandparents and anyone who connects with children on a regular basis. Thank you SUZI! May "The Motherhood Evolution" become a global revolution in parenting and love. <3



LEARN HOW TO THRIVE INSTEAD OF JUST BEING ALIVE!

By: EvolvingMom on September 26, 2016

As a mom and parent coach for Peaceful Parenting, I can often forget to take care of myself. We all know we should but after reading Suzi Lula's book *The Motherhood Evolution*, I now get how it must be Non-negotiable! She shares her own history as a mom and spiritual counselor in a way that is relatable, sensitive, moving and also full of humor. I can feel her true passion to help moms stop feeling guilty and putting themselves last on the list. She discusses how to become more attuned to ourselves, so we can better connect with our children. When we do put ourselves first, ultimately our kids benefit from it and can feel the shift in us. After reading this book, I feel more connected to my true essence and my child and husband too. Her words are inspiring and encouraging! She gives real tips to help in the day to day of the challenging life of a mother. Suzi has a mission for a new vision of Motherhood and to create a Global Sisterhood of Thriving mothers. Why just be alive, when we can thrive? Read this book and you can and will! Loved this book and highly recommend it to all parents, grandparents, godparents, aunts, uncles, and all caregivers!



The guidebook your hectic life and disconnected relationships have been waiting for.

By: Jessica on September 27, 2016

The Motherhood Evolution To be transparent, I do now work with the author. However, when I first came across Suzi's work, I found her on facebook and her voice and wisdom spoke to me immediately... Her guided meditation instantly had me interact with myself, my kids and my mom differently.

I've been blessed to be behind the scenes and as wonderful as this book is, Suzi herself is a wonderful human being who lives THE MOTHERHOOD EVOLUTION and encourages me to do the same. As a single mom entrepreneur with two kids under 10 whose dad who passed away, 24x7 mom I "assumed" I didn't have time for "self-care"

Wow then Suzi opened my eyes and heart to the perspective that self care is urgent. It's important. Self care is what helps me achieve everything I want in life, including an amazing connection with my kids and a thriving business.

The next wow, is the way Suzi has re-defined self-care for me... I used to see self care in the category of manicure and a massage... Suzi defines self care as "nourishing my spirit"... cultivating and caring for my spiritual connection, finding things that make my heart sing... it's truth that resonated so deep when I heard it. I felt relief. A formula for my success as a mom, entrepreneur and woman... that starts out simply with taking care of my spiritual connection first and paying attention to what makes my heart happy.

Suzi has almost 20 years as a licensed spiritual counselor. The testimonials she has are endless. This book is not hype. It is the guidebook your hectic life and disconnected relationships have been waiting for.

The final cherry on the cake. The community of people that show up to talk about self care and the motherhood evolution. Caring mamas and advocates from all walks of life passionate about making sure future generations of kids are cultivated in the nourishing energy of self care.



Detailed Permission Slip to prioritize yourself!

By: Adrienne Pena Carnes on September 26, 2016

The work of this book; the words of this book; the approach of this book is life changing. I read it as a detailed permission slip to take care of myself, and to prioritize myself, while also nurturing my family. It is through Suzi and her book, that I feel restored to the person that I was born as. It is through her work that I have more energy and compassion to support my family. Suzi and "The Motherhood Evolution" lead me to inner strength and freedom. I highly recommend.



This book will be an anchor for me.

By: Gila Daman, author of *First Comes Self-Love, Then Comes Marriage*

I'm due with my first child any day now. I've been fretting this past year about how I will manage my own self-care once I become a mother. Now that I have discovered *The Motherhood Evolution* by Suzi Lula, I know that I have hope in this journey. This book will be an anchor for me.

The
MOTHERHOOD
Evolution

"In this visionary book Suzi astutely points out, a mother's inner climate becomes the overarching climate of her children's lives. The art of balancing self-care with childcare is not about self-sacrifice, a martyrdom of oneself, but rather the joy born of inner self-fulfillment."

—Michael Bernard Beckwith, Founder, Agape International Spiritual Center

A new vision of motherhood, giving us permission to thrive, taking us from overwhelm and exhaustion to a life overflowing with joy, meaning and most of all, real connection with our children. Thriving mothers transform their own life, the lives of their children, and ultimately the world. Imagine being raised by parents who are at peace with themselves!

The Motherhood Evolution challenges conventional thinking that says mothers must sacrifice and martyr themselves if they are to be good mothers.

Redefining motherhood as an evolutionary path, Suzi guides us to the realization that when we thrive, our children thrive, too.

Limitless in its possibilities, this approach to motherhood changes the very nature of our mothering experience liberating us to raise an entire generation of conscious, connected, thriving individuals.



photo by: Carl Studna

Suzi Lula, M.A., A.L.S.P., is a visionary leader who is transforming the way people think about motherhood. A much sought-after spiritual counselor, teacher, and inspirational speaker, she combines her innovative teaching over her 18 years in private practice with her training in spiritual psychology, showing you how to reconnect with your untapped spiritual power and use it to mother your children in a way that greatly empowers and enriches your life and connection with your children.

Suzi is a life line to mothers everywhere.

Please visit Suzi at

SuziLula.com

for valuable resources.

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