



Book: The Myth of the Perfect Mother: Rethinking the Spirituality of Women

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The church places many expectations on modern Christian women, especially when it comes to motherhood. Often women are discouraged and frustrated, feeling they can never measure up. Carla Barnhill asserts in *The Myth of the Perfect Mother* that much of what we understand to be God's ideal is actually based on secular culture. Barnhill addresses several issues mothers struggle with, including homeschooling, spanking, working vs. staying at home, depression, and social isolation, and offers a positive view of motherhood based on biblical principles. *The Myth of the Perfect Mother* provides encouragement for women who face the realities of motherhood and need to be reminded that their ultimate worth lies in their relationship with God. It also provides valuable insight for pastors and counselors.