



What mums are saying about You Sexy Mother...

The first time I went on national television and spoke about the You Sexy Mother philosophy and 'tired-mum syndrome', an incredible 1600 emails came flooding in within 24 hours... here is just a snapshot of what mums had to say...

I just wanted to say a great big thank you for your awesome book. I stumbled upon it after talking to my cousin who had found that your words had 'revolutionised' her life. She wouldn't even lend me her copy as she said she often refers to it!

So I went and spent the money and it could not have come at a better time in my life. I am 30 years old and a mother of two beautiful children. I love being at home with them, however I couldn't shake this feeling of discontent and I really felt quite depressed with certain aspects of my life. Mainly how I looked, but also how I had neglected myself so badly that I no longer had any inspiration or goals besides raising these gorgeous kids. When you discussed the 'years of neglect' I almost cried. This was me! It was like you were writing this book just for me!

I want to thank you for inspiring me to get the most out of my life.

Kerry

I remember when my daughter was born, I really wished she had come with some kind of instruction manual... conversations with my husband always used to start with "I wonder..." because we really didn't know! I was thinking how amazing it would be if every new mum could have a copy of your book. I wondered if maternity hospitals could give one to each new mum? I am sure it would make a huge difference to how they cope...

I think you are an inspiration and I would love to help you find a way to get your 'Instruction Manual' to mums everywhere!

Sonya



I discovered your book recently and have to admit my first thought was - why, in this culture, must women be urged to be 'sexy' at all times?

But it wasn't really about the sex, was it! After reading it, I am truly inspired. It dawned on me only a few pages in that this was the most positive take on mothering that I've encountered since joining the 'club'. Almost everything else out there seems to focus on the pain, the tears, the mess and the sleeplessness. Which are all facts of a mother's life...but indefinitely dwelling on them doesn't help. At first it can be kind of reassuring to read about others suffering a similar 'fate' as a new mother, but after a while, I know that I felt as if I was drowning in a sticky hole, losing hope and pride in my job as a mother, and almost unable to see why anyone would put themselves through it a second time by choice!

Your book has really helped to change my mindset. The job of mothering has been seriously devalued in our culture, but your book will inspire women to reclaim the importance and the joy of that role. I love the sense of positivity with which you've approached the topic - without glossing over any of the difficulties.

Thank you for an amazing book!

Robyn

Since becoming a mum, my husband and I have drifted further and further apart and I have forgotten to look after myself. About two months ago, something clicked in my head and I thought now is the time to do something about it.

I booked a 10-day detox trip to Bali and then that same night I saw you talking about your book on TV. I purchased the book on the Internet and saved it for my trip. I have only just returned from my trip, which was the best thing I could have done, but what helped me even more was your book. It seemed every section was written just for me.

Narelle

I love that this is more than a one-off, that you're devoting a lot of time, resources and energy into this market, which has been crying out for information, inspiration and a ray of light! We want it all - and there's not much out there that shows us how to get it!

Teresa



My journey so far is that I am a mum of a very spirited, challenging but very affectionate 20 month-old daughter Indiana and she totally turned my world upside down. In addition, we turned our world upside down by relocating States, giving up my career and my husband totally changing his. I was at a crossroads a few months ago, just in that limbo land between wanting my old life back and hating myself for not embracing motherhood so passionately as I had my career. I heard about your book on A Current Affair and went out and bought it. I couldn't put it down and it changed my perspective on so many things. In particular about wanting a life better than the one I had before. Why is it that you only remember the good things about past jobs? I could only remember the travel, the money, people I had met and conveniently forgot the long hours, the deadlines, the pressure and the lack of time for the people that matter the most to me. I didn't know who I was outside of my job and it was totally out of my control.

It is so refreshing to have this book remind us that it is okay to think about you and, in fact, if you do, the rest will just naturally follow. I am sure you have received many, many other emails just like this one. I have already recommended your book to many of my friends.

Raelene

I took it home in my pile with me last night to read and I couldn't stop reading. From the moment I started reading the introduction 'If tired was not an option' and the way you described that 'aha' moment of no longer being constrained by being busy, or tired, or those tags we all use – it struck a chord – I'm sick of saying that I'm busy, everyone is, we need a new state of being and your attitude and fired up drive to change your self image was very inspiring!

Tee

Just writing to say thank you for your book. I have made my vision board and it is on display in the dining area. I watch the light dance off it everyday as I move towards my authentic self/life and start to build bridges to where I would like to be. My board started off small and it increased in size as I added words, poems and special sayings kept over the years.

Catherine



After the birth of my first son Ashton, I experienced a year of what I can only describe as survival. Ashton was born with neo-natal sepsis, which led to two weeks in intensive care. During this time and throughout the year that followed, Ashton was all that I could concentrate on - fortunately he didn't have any complications from his difficult start in life, but the scars on mum's heart were thick & deep.

I went from a vibrant, career woman into someone I didn't recognise; I lost lots of confidence, my sense of self and quite honestly was depressed. Upon finding out that I was pregnant for the second time, reality sunk in. I now knew what to expect and I accepted that I would experience another two years in a bubble called motherhood and not being 'Vickie'.


Then there was 'Your Sexy Mother'... I read YSM immediately after Oliver's birth and it was exactly what I needed to read at that time; I embraced the message and gave myself permission to care for myself again. I realised that I didn't want to be a negative, unhappy mother but to be an inspiration to my children and most of all to be happy! So I shifted gears, took the book's steps and started playing in life again.

So thank you Jodie for an inspirational message to mothers. No one prepares you for the realities of motherhood and finally someone is speaking to mothers in a positive voice and offering practical and inspirational solutions.

Vickie

It is amazing that I actually bought your book and let it sit in my room for about three months before I felt the 'time' was right for me to read it – I had to be ready to take it on. I want to thank you so much – I just wish I could hire you out to come and do some one on one sessions with me!

Scherone



you **sexy**
mother

love what's inside

I just wanted to let you know that I bought your book this afternoon. It's like your book jumped off the shelf at me. I can't even begin to tell you how much I need this book and so far your words have struck such a chord with me. My journey is now beginning as I read your book and I am finding it inspirational and life changing already.

After skimming through your book in the store I decided I would actually slow down and order myself something really nice for lunch. So, I sat in a nice coffee shop reading your book, enjoying a fabulous lunch, and for the first time in 2 years felt no guilt about having time away. It was a revelation! And, afterwards, on my way back to the car, I actually entered a lingerie shop for the first time in many years and decided that as soon as I finish breastfeeding, I am going to buy myself some beautiful underwear as a reward to myself for feeding 2 children!

Jodee

The book has taken me through a journey of self-assurance; my babies are 20 & 17!

Our son went off to university this year and what a heart wrenching time, so I've read your book, got out the old photo albums and family videos and had a wonderful time remembering being a new mum. I would do some things differently - but not many!

Thanks for sharing and highlighting how wonderful it is having littlies - this has helped heal some of the heartache.

Helen

I just finished your book and have not stopped raving about it to all the mums I know. As others have said on your website, I really felt like you were writing about me. I have two older sons and was in a real rut after my daughter Lily was born. I've made a scrapbook of what I want my life to be and went and bought a journal with the very appropriate words on the cover 'Let the life you lead be your greatest dream come true'. I've written my goals and have already made little changes that are making life as a mother of three so much more enjoyable. I am a palliative care nurse on maternity leave and know how important it is to cherish each moment with our children. I was feeling so guilty for always being frustrated and craving 'me' time. It was so comforting to read that to look after my family I have to look after me first. I just want to say thanks for the inspiration I needed to get back on track.

Jenni