



BREAKTHROUGH POWER FOR MOTHERS

A Daily Guide to an
Extraordinary Life

DAVID YOUNG

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FOR MOTHERS

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Wind Runner Press
Round Rock, Texas

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Dedication

To the memory of my father and mother, Dayton and Mina, who taught me the value of hard work. And to my wife, Christina, who showed me the power of love.

Introduction

What are your dreams? Phenomenal kids? Close friends? Good health? Financial security? The opportunity to make a significant contribution outside of your home? Time to indulge in a hobby? Do any of your dreams seem out of reach? Did you try to achieve them before but fall short? Perhaps you read a book that explained the keys to success, got excited about the possibilities, tried to make the suggested changes, but struggled and lost your enthusiasm a few months later. If so, you're not alone. The road to success is usually under construction. Bumpy roads, stop-and-go traffic and countless detours can wear you down and leave you confused about what to do next. You need more than a few tips on how to succeed; you also need motivation to push forward when success seems far away or impossible. *Breakthrough Power for Mothers* provides both. It provides tools for building a successful and rewarding life and daily motivation to help you persevere until you achieve your dreams.

For each day of the year, *Breakthrough Power for Mothers* provides four great quotes, usually from people known for their outstanding accomplishments. Their insights are based on years of experience. You can read all four quotes in one minute,

so you can squeeze them in before you start your breakthrough day.

The first quote is humorous, which will put you in a good mood, ready to face life's challenges. The second one will help you focus on the important things in life, such as developing integrity, building a strong family, making a difference in the lives of others, enjoying simple pleasures and finding time for renewal, all critical to laying an unshakeable foundation. The third quote will help you overcome the weaknesses and seemingly impossible circumstances that have held you back. And the fourth one will help you seize the summits. These will encourage you to dream big, set goals, develop effective plans of action, follow through with superior work and persevere, even after setbacks or failures. In short, *Breakthrough Power for Mothers* will help you leave a legacy of greatness and enjoy the journey along the way.

You can achieve your dreams. As you do, your children will watch and learn how to achieve theirs.

Start with a smile

Parents are not really interested in justice. They are interested in quiet.

— *Bill Cosby*

Focus on what's important

She broke the bread into two fragments and gave them to the children, who ate with avidity.

“She hath kept none for herself,” grumbled the Sergeant.

“Because she is not hungry,” said a soldier.

“Because she is a mother,” said the Sergeant.

— *Victor Hugo*

Break the barriers

So much has been given me, I have no time to ponder over that which has been denied.

— *Helen Keller*

Seize the summits

Patience is bitter, but its fruit is sweet.

— *Aristotle*

❧ *January 2*

Start with a smile

There are only two things a child will share willingly – communicable diseases and his mother's age.

— *Dr. Benjamin Spock*

Focus on what's important

My mother was the most beautiful woman. All I am I owe to her. I attribute all my success in life to the moral, intellectual and physical education I received from her.

— *George Washington*

Break the barriers

If you can't do great things, do small things in a great way.

— *Napoleon Hill*

Seize the summits

The true meaning of courage is to be afraid, and then, with your knees knocking and your heart racing, to step out anyway – even when that step makes sense to nobody but you.

— *Oprah Winfrey*

Start with a smile

I seldom said anything smart when I was a child. I tried it once or twice, but it was not popular.

— *Mark Twain*

Focus on what's important

We may prepare food for our children, chauffeur them around, take them to the movies, buy them toys and ice cream, but nothing registers as deeply as a simple squeeze, cuddle or pat on the back. There is no greater reassurance of their lovability and worth than to be affectionately touched and held.

— *Stephanie Marston*

Break the barriers

When your child asks for your advice, don't rush in with your answers so quickly; instead ask, "What do you think?" This gives him confidence to solve his own dilemmas. He relaxes, tensions melt away and he is able to accept the challenge of the task at hand.

— *Judy Ford*

Seize the summits

Mistakes are the usual bridge between inexperience and wisdom.

— *Phyllis Theroux*

❧ *January 4*

Start with a smile

The best way to get a puppy is to beg for a baby brother – and they’ll settle for a puppy every time.

— *Winston Pendelton*

Focus on what’s important

Children are the hands by which we take hold of heaven.

— *Henry Ward Beecher*

Break the barriers

When I was a child and would see scary things on the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.”

— *Fred Rogers*

Seize the summits

You know what it’s like when you put on someone else’s glasses by mistake: You get an instant headache and the world is a blurry mess. That’s just what happens when you use someone else’s vision as a guide for your own life.

— *Deborah Shaw*

Start with a smile

There was never a child so lovely but that his mother was glad to get him to sleep.

— *Ralph Waldo Emerson*

Focus on what's important

There are many little ways to enlarge your child's world. Love of books is the best of all.

— *Jacqueline Kennedy*

Break the barriers

Discipline is an essential feature of the parent/child relationship. It is an integral part of parents' love for their children. Children without discipline often become adults with temper tantrums, defiance, rage, depression, anxiety, poor school and work adjustments, drug and alcohol abuse, and criminality.

— *Dr. Laura Schlessinger*

Seize the summits

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

— *Marian Edelman*

❧ January 6

Start with a smile

In a typical magazine ad for an educational toy, a baby is looking thoughtfully (for a baby) at two pieces of plastic. According to the ad, the pieces of plastic are helping the baby *acquire skills of problem solving*. In fact, the only problem the baby is solving is the problem of how to get both pieces in his mouth.

— *Dave Barry*

Focus on what's important

A child who has been praised adequately while growing up will instinctively know when and how to praise his own family, work associates and friends. It is a gift that is almost always passed on.

— *Letitia Baldrige*

Break the barriers

People who succeed speak well of themselves to themselves.

— *Laurie Beth Jones*

Seize the summits

As kids, sports energized us; it was a great outlet, and our success or failure was pretty much up to us. I always tell kids they can do anything they want as long as they're willing to work for it.

— *Yogi Berra*

Start with a smile

Cleaning your home while your kids are still growing is like shoveling the walk before it stops snowing.

— *Phyllis Diller*

Focus on what's important

I did not have my mother long, but she cast over me an influence which lasted all my life. If it had not been for her appreciation and her faith in me at a critical time in my experience, I should never likely have become an inventor.

— *Thomas Edison*

Break the barriers

If we allow our one-and-a-half-year-old to *help* us fold laundry he will learn something about buttons, zippers, snaps, where things go, the physical properties of cloth, what happens when you drop it, how a big towel can turn into a small bundle, how the small bundle you just folded can turn into a big towel again.

— *Polly Berends*

Seize the summits

To bear failure with courage is the best proof of character anyone can give. Do not let anyone see your mortification, but whatever you fancy people are saying about you, go on with your life as though nothing unpleasant has happened to you.

— *W. Somerset Maugham*

❧ *January 8*

Start with a smile

It's a good thing to have children while your parents are still young enough to take care of them.

— *Rita Rudner*

Focus on what's important

The best way to teach a child restraint and generosity is to be a model of those qualities yourself. If your child sees that you want a particular item but refrain from buying it, either because it isn't practical or because you can't afford it, he will begin to understand restraint. Likewise, if you donate books or clothing to charity, take him with you to distribute the items to teach him about generosity.

— *Lawrence Balter*

Break the barriers

Having loosened our grip on the past, we are free to reach for the future.

— *Ann Clark*

Seize the summits

One of Tida's (Tiger Woods' mother) major contributions was to establish that school took priority over golf and any other activity. She insisted that Tiger complete his homework before playing with his friends, going to practice with me or playing in a tournament.

— *Earl Woods*

Start with a smile

Don't be discouraged if your children reject your advice. Years later they will offer it to their own offspring.

— *Anonymous*

Focus on what's important

For communication with children to be open and effective, they must feel that parents are willing to truly hear them with their full and honest attention. If they fear that an attempt to speak with a parent will trigger a tirade or a torrent of well-rehearsed criticism, they will simply quit trying to communicate.

— *Dr. Kevin Steede*

Break the barriers

Pretend play is a vital part of children's learning processes, not a waste of time. It encourages the development of language, vocabulary and communication skills; helps children learn to deal with fears and difficult situations and develops creativity. As kids think, plan and carry out an idea, they are building confidence in solving problems.

— *Cheri Fuller*

Seize the summits

It is more important to know where you are going than to get there quickly. Do not mistake activity for achievement.

— *Mabel Newcomber*

❧ *January 10*

Start with a smile

There is nobody who is thirstier than a four-year-old who has just gone to bed.

— *Fran Lebowitz*

Focus on what's important

Not until I became a mother did I understand how much my mother had sacrificed for me. Not until I became a mother did I feel how hurt my mother was when I disobeyed. Not until I became a mother did I know how proud my mother was when I achieved. Not until I became a mother did I realize how much my mother loves me. Therefore, be encouraged. One day, your children will feel the same way.

— *Victoria Farnsworth*

Break the barriers

Confidence is the sexiest thing a woman can have.

— *Aimee Mullin*

Seize the summits

To wait for someone else, or to expect someone else to make my life richer, or fuller, or more satisfying, puts me in a constant state of suspension.

— *Kathleen Andrus*

Start with a smile

Blurting out the complete truth is considered adorable in the young, right smack up to the moment that the child says, “Mommy, is this the fat lady you can’t stand?”

— *Judith Martin* “Miss Manners”

Focus on what’s important

It is more blessed to give than to receive.

— *Acts 20:35*

Break the barriers

The smartest thing I ever said was, “Help Me!”

— *Anonymous*

Seize the summits

I have walked with people whose eyes are full of light but who see nothing in the sea or sky, nothing in city streets, nothing in oaks. It were far better to sail forever in the night of blindness with sense and feeling and mind, than to be content with the mere act of seeing.

— *Helen Keller*

❧ *January 12*

Start with a smile

The minute a toy goes in the garage sale is the minute it becomes their favorite.

— *Dee Ann Stewart*

Focus on what's important

Because there was always so much love in my family, I grew up being secure in who I was and what I was going to become. I had this incredible security blanket around me that my parents provided.

— *Rebecca Lobo*

Break the barriers

Every home is a school. What are you going to teach today?

— *Marie Freeman*

Seize the summits

Lack of will power has caused more failures than lack of intelligence or ability.

— *Flower Newhouse*

Start with a smile

The real menace in dealing with a five-year-old is that in no time at all you begin to sound like a five-year-old.

— *Jean Kerr*

Focus on what's important

Love, for Mama, was something she lived in action. She showed us, as Mother Teresa has, that love is found in sweeping a floor, cleaning a sink, caring for someone ill or offering a comforting embrace.

— *Leo Buscaglia*

Break the barriers

Expect trouble as an inevitable part of life, and when it comes, hold your head high, look it squarely in the eye and say, "I will be bigger than you. You cannot defeat me." Then repeat to yourself the most comforting of all words, "This too shall pass."

— *Ann Landers*

Seize the summits

We all make mistakes, but the winner knows that success comes from perseverance: trying, failing, learning and doing it again until he succeeds. Most important, a winner does not waste energy by scolding or berating himself. He keeps practicing, takes a break and tries again.

— *Judy Ford*

❧ January 14

Start with a smile

Our Lamaze instructor assured our class that our cervix muscles would become *naturally numb* as they swelled and stretched, and deep breathing would turn the final explosions of pain into *manageable discomfort*. This description turned out to be as accurate as, say a steward advising passengers aboard the Titanic to prepare for a brisk but bracing swim.

— Mary Blakely

Focus on what's important

Find a mutual interest. As children grow up, they grow away from us as well. You can't force them to stay close, but you can find things to do together that will encourage a continued intimacy.

— Elaine St. James

Break the barriers

Do not resent growing old. Many are denied the privilege.

— Anonymous

Seize the summits

No plan is perfect, yet plans are necessary if we are to avoid complete chaos.

— Edward Hall

Start with a smile

The painting [Whistler's Mother] shows this nice old lady who is waiting for the repairman to bring back her TV set.

— *Anonymous, kindergartner*

Focus on what's important

Laughter is brightest where food is best

— *Irish proverb*

Break the barriers

The link between physical fitness and academic accomplishment may be the fact that young people who exercise feel better about themselves. The self-confidence, it is theorized, carries over into their study habits.

— *Zig Ziglar*

Seize the summits

In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.

— *Theodore Roosevelt*

❧ *January 16*

Start with a smile

The toughest part of dieting is not watching what you eat – it's watching what your friends eat.

— *Wilfred Beaver*

Focus on what's important

It's a rare parent who hasn't lost his or her temper with a child. Young children can learn a lot from us when, after the heat of the moment has passed, we can apologize for something we did that was inappropriate.

— *Fred Rogers*

Break the barriers

Our attitude toward things is likely to be more important than the things themselves.

— *A.W. Tozer*

Seize the summits

If a child perceives that his goal is to make enough money to buy a nice car, then that is where he sets his sights. If he perceives that his goal is to design that car . . .

— *Greg Quinn*

January 17 ❧

Start with a smile

Never let a child wearing Superman pajamas sleep on the top bunk.

— *Anonymous*

Focus on what's important

There is no more influential or powerful role on earth than a mother's. Significant as political, military, education or religious public figures may be, none can compare to the impact made by mothers. Their words are never fully forgotten, their touch leaves an indelible impression and the memory of their presence lasts a lifetime.

— *Charles Swindoll*

Break the barriers

I don't think of all the misery, but of the beauty that still remains.

— *Anne Frank*

Seize the summits

Learn by doing.

— *John Dewey*

❧ *January 18*

Start with a smile

Ask any woman her age, and nine times out of ten she'll guess wrong.

— *Bob Murphy*

Focus on what's important

There are no ugly women; there are only women who do not know how to look pretty.

— *Jean de La Bruyère*

Break the barriers

The more parents talk with their kids every day and help them understand why you want them to follow your directions, the more you explain things to them, the fewer conflicts arise.

— *Phillip McGraw*

Seize the summits

We generate fears while we sit. We overcome them by action. Fear is nature's warning signal to get busy.

— *Dale Carnegie*

Start with a smile

Inside me lives a skinny woman crying to get out.
But I can usually shut her up with cookies.

— *Anonymous*

Focus on what's important

Make a list each day of all that you are grateful for,
so that you can stay conscious daily of your blessings.
Do this especially when you are feeling as though
you have nothing to feel grateful for.

— *Cherie Carter-Scott*

Break the barriers

No matter how many times you aim to achieve vic-
tory over your passions, do not give up. Every effort
weakens the power of passion and makes it easier to
gain victory over it.

— *Leo Tolstoy*

Seize the summits

Giving your kids responsibility for their own budget
is the best way to introduce them to the world of
finance.

— *Larry Burkett*

❧ *January 20*

Start with a smile

I've learned that if you laugh and drink soda pop at the same time, it will come out your nose.

— *Anonymous, seven-year-old*

Focus on what's important

When you and your child are spending time together, focus on what you are doing right then, and not on the chores you are neglecting, the work you have to catch up on or what you will be doing later that day. Be there mentally as well as physically.

— *Laurence Steinberg*

Break the barriers

Start chores and responsibilities early in life. It's much easier to begin a good habit with a three-year-old than to break a bad habit with a thirteen-year-old.

— *Dr. Ruth Peters*

Seize the summits

When teens experience failure, we need to let them know that we've all been in the same boat at one time or another.

— *Ted Engstrom*

Start with a smile

The best things in life really are free. So, how many kittens do you want?

— *Nancy Perdue*

Focus on what's important

Before you were conceived I wanted you.

Before you were born I loved you.

Before you were here an hour I would die for you.

This is the miracle of life.

— *Maureen Hawkins*

Break the barriers

I have had more than half a century of such happiness. A great deal of worry and sorrow, too, but never a worry or sorrow that was not offset by a purple iris, a lark, a bluebird or a dewy morning glory.

— *Mary Bethune*

Seize the summits

I have not ceased being fearful, but I have ceased to let fear control me. I have accepted fear as a part of life – specifically the fear of change, the fear of the unknown; and I have gone ahead despite the pounding in my heart that says: Turn back, turn back, you'll die if you venture too far.

— *Erica Jong*

❧ *January 22*

Start with a smile

I was feeling irritable and moody. It was that difficult time of the month when the credit card statement arrives.

— *Julie Walters*

Focus on what's important

When possible, try to de-emphasize the buying frenzy. Encourage your children to think of special ways they can acknowledge a birthday or holiday without making a purchase. Suggest breakfast in bed for Mom on her birthday, or a funny poem or skit for Dad on Father's Day.

— *Nancy Samalin*

Break the barriers

We may be able to play reveille, dress a kindergartner, pour the cereal, stuff a backpack and comb a snarled head while applying our own eyeliner and talking on the phone, but letting even the youngest child do for herself boosts confidence and responsibility.

— *Paula Jung*

Seize the summits

Just remember that success is relative. You don't have to win a gold medal to be successful. As long as you feel good about yourself, you try as hard as you can and enjoy what you do, that is success.

— *Mia Hamm*

Start with a smile

It's hard to know just where one generation ends and the next one begins, but it's somewhere around 9:00 p.m.

— *Anonymous*

Focus on what's important

For attractive lips, speak words of kindness.

— *Audrey Hepburn*

Break the barriers

There is overwhelming evidence that the higher the level of self-esteem, the more likely one will treat others with respect, kindness and generosity. People who do not experience self-love have little or no capacity to love others.

— *Nathaniel Branden*

Seize the summits

Efforts and courage are not enough without purpose and direction.

— *John F. Kennedy*

❧ *January 24*

Start with a smile

She had joined a health club, once, but was so exhausted by the time she'd pulled herself into those awful leotards, she went home to bed.

— *Fannie Flagg*

Focus on what's important

One can get just as much exultation in losing oneself in a little thing as in a big thing. It is nice to think how one can be recklessly lost in a daisy.

— *Anne Lindbergh*

Break the barriers

Today's accomplishments were yesterday's impossibilities.

— *Robert Schuller*

Seize the summits

My mother convinced me to learn to enjoy having people tell me I can't do something. Now it's second nature; I love to prove people wrong.

— *Andre Ware*

Start with a smile

The chief excitement of a woman's life consists of spotting women who are fatter than she is.

— *Helen Rowland*

Focus on what's important

There's probably a magazine devoted specifically to your child's hobby or interest. Check the library for such lists of periodicals. Then give your child a subscription to the most suitable one – and read the issues together.

— *Paul Lewis*

Break the barriers

Opportunities don't present themselves in ideal circumstances. If you wait for all the lights to turn green, you will never leave your driveway.

— *John Maxwell*

Seize the summits

Anything worth doing is worth doing poorly, until you can learn to do it well.

— *Steve Brown*

❧ *January 26*

Start with a smile

When it comes to birthday parties it's easy to divide mothers into two groups: those who think that a birthday party for 24 five-year-old kids can be organized, educational and fun – and those who have had one.

— *Anonymous*

Focus on what's important

Children need to know that their parents are actively experiencing life with them, not just passively taking them along for the ride.

— *Dr. Kevin Steede*

Break the barriers

Remember, play is not frivolous behavior. The word *recreation* contains the two words *re* and *create*. Play is the way to re-create yourself, every day, and remind yourself you are not your work.

— *Laura Stack*

Seize the summits

I have become my own version of an optimist. If I can't make it through one door, I'll go through another door – or I'll make a door. Something terrific will come no matter how dark the present.

— *Joan Rivers*

Start with a smile

It is hard to convince a high school student that he will encounter a lot of problems more difficult than those of algebra and geometry.

— *Edgar Howe*

Focus on what's important

There's no such thing as a bad school play.

— *Anonymous*

Break the barriers

Education commences at the mother's knee, and every word spoken within the hearing of little children tends towards the formation of character.

— *Hosea Ballou*

Seize the summits

There are people who put their dreams in a little box and say, "Yes, I've got dreams, of course, I've got dreams." Then they put the box away and bring it out once in awhile to look in it, and yep, they're still there. These are great dreams, but they never even get out of the box. It takes an uncommon amount of guts to put your dreams on the line, to hold them up and say, "How good or how bad am I?" That's where courage comes in.

— *Erma Bombeck*

❧ *January 28*

Start with a smile

Of course I wouldn't say anything about her unless I could say something good. And, oh boy, is this good . . .

— *Bill King*

Focus on what's important

Mother deserves more credit than she gets. She is the one who was there. She is the one who read to us, who took us to Plymouth Rock and the Old North Church and other historic places. She gave me my interest in history.

— *John F. Kennedy*

Break the barriers

Have fun with music. Turn on music and dance, skip and hop to different rhythms with your child. Twirl your baby to a happy tune. Hold hands with your preschooler and skip to the music on your CD.

— *Cheri Fuller*

Seize the summits

Treading the hard path of duty will be noticed and will lead to high places.

— *Abraham Lincoln*

Start with a smile

If you want to know what it's like to feed a baby, sit at the kitchen counter and carefully spoon strained peas and chocolate pudding into a plastic bag. When the bag is completely full, tie a knot to close it, place it on the kitchen counter at eye level about a foot from your face, then ask your spouse to smash the bag with a dictionary.

— *Anonymous*

Focus on what's important

Most children, I've found, are more than eager to welcome grown-ups into their world and show them the ropes of being a kid. The more you allow yourself to participate in their games, their stories and their activities, the more of their childlike attitude – and their intrinsic joy – you will absorb.

— *Thomas Kinkade*

Break the barriers

There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.

— *Mahatma Gandhi*

Seize the summits

It is better to keep children to their duty by a sense of honor and by kindness than by fear.

— *Terence*

❧ *January 30*

Start with a smile

It is amazing how quickly the kids can learn to drive a car, yet are unable to understand the lawnmower, snowblower or vacuum cleaner.

— *Ben Berger*

Focus on what's important

Perhaps parents would enjoy their children more if they stopped to realize that the film of childhood can never be run through for a second showing.

— *Evelyn Nown*

Break the barriers

The best cure for worry, depression, melancholy, brooding, is to go deliberately forth and try to lift with one's sympathy the gloom of somebody else.

— *Arnold Bennett*

Seize the summits

Without ever knowing it, we are assaulted by a high note of urgency all the time. We end up pacing ourselves to the city rhythm whether or not it's our own. In time we grow hard of hearing to the rest of the world. Like a violinist stuck next to the timpani, we may lose the ability to hear our own instrument.

— *Ellen Goodman*

Start with a smile

The chief objection to gardening is that by the time your back gets used to it, your enthusiasm is gone.

— *Anonymous*

Focus on what's important

Adolescents sometimes say “My friends listen to me, but my parents only hear me talk.” Often they are right. Familiarity breeds inattention.

— *Laurence Steinberg*

Break the barriers

Despair is an evil counselor.

— *Sir Walter Scott*

Seize the summits

A parent can help direct a child when it comes to goals. Show leadership. Show discipline. Show industriousness. Have traditional values. The person you are is the person your child will become.

— *John Wooden*

Dear Friend,

I hope you enjoyed the first 31 days of *Breakthrough Power for Mothers*. If you'd like to read all 366 days, you can order either the paperback, the Kindle or the Nook edition at InsightsOnSuccess.com.

— David Young

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About the Author



David Young is a policy advisor to the governor of Texas. He received his Bachelor of Science in Business Administration degree, Summa Cum Laude, from the University of Arkansas and his Master of Business Administration degree from The University of Texas at Austin.

David grew up in Fort Smith, Arkansas. Both of his grandfathers were born before the Civil War. He and his wife, Christina, live in Round Rock, Texas. David has traveled extensively throughout the United States, Canada and Europe, and has visited South America, Asia and the Middle East.

Also by David Young

Breakthrough Power

Breakthrough Power for Fathers

Breakthrough Power for Christians

Breakthrough Power for Leaders

Breakthrough Power for Athletes

Breakthrough Power for Golfers

Great Funny Quotes

Rebound Strong

What are your dreams?

Phenomenal kids? Close friends? Good health? Financial security? The opportunity to make a significant contribution outside of your home? Time to indulge in a hobby? Do any of your dreams seem out of reach? Did you try to achieve them before but fall short? Regardless, you can live an extraordinary life – even if you are overwhelmed by weaknesses and difficult circumstances. But you need more than a book that explains the secrets to success; you also need daily motivation to apply them, especially when success seems far away or impossible. Breakthrough Power for Mothers provides both.

Inside, people known for their outstanding accomplishments will help you:

- Build an unshakeable foundation
- Pursue and fulfill your dreams
- Impact others
- Improve your relationships
- Find time for renewal

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