

# From Chaos to Confidence: New Book Messy Motherhood Debuts as #1 Bestseller on Amazon

PHOENIX, AZ, UNITED STATES, January 6, 2025 /EINPresswire.com/ -- On December 30th, [Messy Motherhood: Finding Yourself Within the Mess](#) launched to immediate acclaim, securing the coveted titles of #1 Best New Release and #1 Bestseller on Amazon.

Written with raw honesty, humor, and heartfelt wisdom, this transformative guide celebrates the beauty, challenges, and growth found in the chaos of raising children.

Author Amanda Thomas stated, "I hope that after women read this book, they are able to clearly identify negative self-talk and access more kindness and compassion to themselves immediately shifting to a more empowered frame of mind. It's not about being perfect, it's about our ability to quickly pivot when we veer of course."



## About Messy Motherhood

Motherhood is messy—and that's exactly where its magic lies. This empowering book invites readers to embrace imperfection, release guilt, and nurture themselves as they navigate the wild ride of parenting. Through relatable stories, practical advice, and compassionate encouragement, Messy Motherhood helps moms discover their resilience, laugh through their struggles, and find joy in the everyday moments.

## Why Moms Love Messy Motherhood

Raw and Honest Stories: Real-life tales that inspire laughter, tears, and a sense of connection.

Discover Your Superpower: Unlock the hidden strength, resilience, and purpose within.

Release Mom Guilt: Practical tools for self-compassion and celebrating your unique journey.

Everyday Wisdom: Actionable insights to thrive amidst the chaos and embrace your personal growth.

To complement the book, the Messy Motherhood Reflective Journal offers chapter-specific prompts, creating a transformative duo that empowers moms to reflect, grow, and celebrate their progress.


Praise for Messy Motherhood  
Moms everywhere are raving about the book's relatable stories, heartfelt lessons, and transformative impact. One five star review states, "A must read for all women: Well written and easy to read. This book is written in a way anyone can understand and relate to, with real experiences people don't talk about. It made me feel empowered and inspired."

Join the Movement

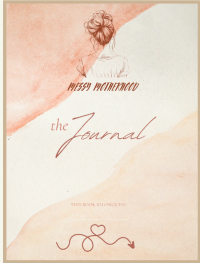
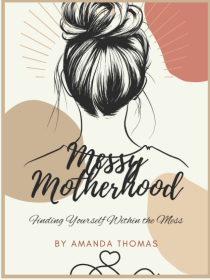
Moms, this one's for you. Whether you're navigating sleepless nights, finding your footing in the "mom guilt" minefield, or simply looking for a reminder that you're not alone, Messy Motherhood offers a roadmap to thrive in the chaos.

Available Now on Amazon

Pick up your copy of Messy Motherhood and the companion Reflective Journal today. Together, they'll help you uncover your superpowers, embrace the mess, and turn life's challenges into cherished milestones.




**We did it!!!!**



**Messy Motherhood**

**#1 Bestseller**      **Now**  
**#1 New Release**      **In**  
   **Stock.**

Celebratory Announcement of Messy Motherhood Launch



Amanda Thomas Coaching

## About the Author

This is Amanda Thomas' first published work. The book announces another book coming soon in the children's genre titled, "Mess Monsters". Whether it is her writing works, her coaching business or even her family relationships, Amanda's approach is one grounded in compassion and reality. [Amanda Thomas Coaching](#) focuses on transforming family dynamics through personalized coaching, practical tools, and compassionate support. Certified by the Jai Institute for Parenting, Amanda leverages her professional training and personal experiences to empower families to thrive.

"Parenting is one of the most rewarding and transformative roles we have," Amanda says. "Together, we can shift mindsets, foster meaningful connections, and create environments where families flourish."

To learn more about ParentCoaching or schedule a free 30-minute strategy call, visit [www.amandathomascoaching.com](http://www.amandathomascoaching.com).

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