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MotherStyles: Using Personality Type to Discover Your Parenting Strengths

By Janet Penley, Diane Eble



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An antidote to our stressed-out mother culture, *MotherStyles* validates the notion that good mothering comes in many styles and explains how understanding how you most often react to your child *and why* is the most important step toward working through areas that have long given you trouble. Drawing on the personality type-theory popularized by the Myers-Briggs(r) Type Indicator and author Janet Penley's more than eighteen years of working with mothers, *MotherStyles* explains the combinations of traits that make up sixteen distinct mothering approaches. From the "Tuned-In Mother," the "Heart-to-Heart Mother," and the "Kids 'r' Fun Mother" to the "Responsibility Mother" and the "Independence Mother," Penley helps readers identify which style reflects her own strengths, struggles, and needs and, from there, offers unique and concrete ideas for ways to overcome the parenting challenges inherent to each type. Guiding mothers to an understanding of how type affects parent-child interactions and family dynamics, *MotherStyles* will help moms everywhere to recharge their batteries, and find success in this most important of roles.



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Editorial Review

From Publishers Weekly

According to Penley, who self-published *The M.O.M.S. Handbook*, the key to making mothering easy and enjoyable is to become aware of ways of interacting in the world (e.g., being extroverted or introverted, sensing things based on facts or feeling them intuitively) and balance personal needs with external demands. Penley developed her "Mothers of Many Styles" (M.O.M.S.) program to free women of the image of the "perfect" mother and help them identify their strengths and weaknesses first as mothers, and then in all relationships. Based on the Myers-Briggs personality inventory, Penley's questionnaires and evaluations may aid some readers, but others may find the system—it involves 16 personality types and 16 corresponding mothering styles—complicated and time-consuming. Perhaps the most valuable aspect of Penley's program is her focus on self-care and her recognition of the unique gifts that each woman has to offer her children. However, trying to work with Penley's system on a daily basis could, ironically, add more stress and yet another layer to the image of perfection: the thoroughly self-aware mother who can respond appropriately to her child in all situations. (*May 1*)

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Review

"A genuinely new and creative way to look at how you are likely to react and behave as a parent." -- *InfoDad.com*, 05/25/06

"Fabulous...I highly recommend it!" -- *Solutions for Busy Moms*, 03/16/2006

"It may be the best book written on this subject and it could help your relationship with your daughter." -- *Milwaukee Journal Sentinel*, 8/23/06

"Show[s] where your strengths--and, sure, weaknesses--lie. Their point is that there are all kinds of good moms." -- *Chicago Tribune*, 05/14/06

"Useful [and] recommended." -- *Library Journal* 4/25/06

"[A] practical, example-filled book...Affirming." -- *Seattle Times*, 6/3/06

Â"May be the best book written on this subject.Â" -- *Washington Post*, 8/18/06

About the Author

Janet Penley has been conducting parenting workshops for groups of mothers, therapists, and life coaches and for corporations for more than eighteen years. The mother of two grown children, she lives in Texas.

Diane Eble is a professional writer, mother of two children, and the author of ten books. She lives outside of Chicago.

Users Review

From reader reviews:

Christina Evert:

Have you spare time for just a day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a move, shopping, or went to the Mall. How about open or even read a book eligible MotherStyles: Using Personality Type to Discover Your Parenting Strengths? Maybe it is to get best activity for you. You know beside you can spend your time with the favorite's book, you can more intelligent than before. Do you agree with their opinion or you have additional opinion?

Peter Wilson:

Reading can called imagination hangout, why? Because when you are reading a book especially book entitled MotherStyles: Using Personality Type to Discover Your Parenting Strengths your brain will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely will become your mind friends. Imaging each and every word written in a reserve then become one type conclusion and explanation that will maybe you never get previous to. The MotherStyles: Using Personality Type to Discover Your Parenting Strengths giving you one more experience more than blown away your mind but also giving you useful details for your better life with this era. So now let us explain to you the relaxing pattern at this point is your body and mind will be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

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