



# Sleep Is for the Weak: The Best of the Mommybloggers Including Amalah, Finslippy, Fussy, Woulda Coulda Shoulda, Mom-101, and More!

*Rita Arens (Editor), Stacy Morrison (Foreword by)*

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Each month, more than half a million readers turn to the 25 mommyblogs featured in this collection for advice and a sense of camaraderie, and this anthology brings together their best and brightest essays, ranging in style from snort-Diet-Coke-out-the-nose funny to poignant and bittersweet. Written to be read during the mind-bogglingly short breaks parents get during their busy days, these pieces will help moms find solace in a wide range of viewpoints and issues not often discussed in mainstream magazines and other parenting books. From dealing with rage to negotiating sleeping arrangements to the frustration and joy of parenting a special needs child, this is the perfect read for the hip but harried mother that says "you are still you."

## **Sleep Is for the Weak: The Best of the Mommybloggers Including Amalah, Finslippy, Fussy, Woulda Coulda Shoulda, Mom-101, and More! Details**

Date : Published September 1st 2008 by Chicago Review Press (first published 2008)

ISBN : 9781556527722

Author : Rita Arens (Editor) , Stacy Morrison (Foreword by)

Format : Paperback 224 pages

Genre : Parenting, Nonfiction, Short Stories, Humor



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## **From Reader Review Sleep Is for the Weak: The Best of the Mommybloggers Including Amalah, Finslippy, Fussy, Woulda Coulda Shoulda, Mom-101, and More! for online ebook**

### **Jennifer says**

I am in this book, so you know you want to read it!

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### **Kate says**

I read this book in those early weeks after bringing my second child home from the hospital. You know, those weeks. The ones where you are drowning in diapers and dirty onesies and don't believe you will ever sleep more than 2 hours in a stretch again. And if you choose to read anything during those weeks, this is the book to read. Full of funny, humorous stories about debacles and successes in parenting, it will make you laugh, probably make you cry, and definitely make you excited about the new adventure you've embarked upon.

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### **Emily says**

This book is for those times when you think you suck as a parent. Just pick it up, read one of the entries, and you'll feel better. Many of the blogs in this book are daily stops for me online.

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### **Kristi says**

I KNOW this book will be incredible. How do I know, you ask?

Well, firstly, my friend Rita was the editor. How cool is that? My brush with greatness...and secondly, these are fabulous bloggers from all over the momosphere (or viceversa). Definitely a heart-breaking thrill-ride, spit-up included.

Not just for moms, either. Topics are wide-ranging and well-written, sometimes laugh-out-loud hilarious.

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### **Joanne Bamberger says**

You know you WANT to read it! Trust me, you'll be glad you did! This book is the perfect read for any parent who finds herself of himself at their end of their rope after a long day and need a good laugh and some perspective. Read an essay a night in Sleep is for the Weak, and you know it will be better in the morning.

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### **Mistelle says**

Very cute book, especially for mom's of young children but good for any mother. Has some language but it is a book of blogs from the internet so you get lots of different people. Helps new mom's feel like they aren't alone. Very good read.

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### **Kelli Oliver George says**

Shilling Notice:  
I am also one of the contributors!

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### **Rachel says**

I liked some entries better than others of course, but it's fun to hear others stories from the trenches. Some made me laugh, some made me tear up, and I skipped a bunch too. Kind of nice to be able to read in small snippets.

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### **Lisa says**

Cute. Entertaining. Sometimes tear-inducing, sometimes guffaw-inducing. It's basically a compilation of entries from some uber-popular mommyblogs, so really, if you're already reading some good mommyblogs, you're already reading a lot of this stuff. What I want to know is how these women get their blogs noticed and create such huge followings.

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### **The Blurb Radio Show says**

I got hold of this book because I am a fan of Alice Bradley's "Finslippy" book, and I guess I was looking for more of the hilarious, self effacing work of Alice and hopefully her friends.

Some of the other writings in this compilation made me laugh, a few were very poignant and others woke that sense of recognition in me as I read of their everyday grappling with how to be a good parent to their children.

So, while I could have done with more hilarity, I did enjoy the book and will be checking out some of the other bloggers, if I ever get time!

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### **Sara\* says**

HYSTERICAL. A must-read for expecting moms out there (a category I still cannot believe I find myself in, I must add).

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### **Lisa says**

(Non-Fiction, Motherhood) This book is a collection of blog snippets from mommybloggers. The snippets cover a range of motherhood topics like sleep, diapers, childless friends, never having enough time, etc...I enjoyed the collection and laughed at loud at some and resonated with others. All in all, these mommies inspire me to laugh, take care of myself, and go with the flow of the craziness that is parenthood.

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### **Andrienne says**

I enjoyed reading this book. I particularly liked the story about a little kid who had a propensity to hurt puppies (because the reaction of the mom is so classic!) with the mom constantly asking this little toddler what he felt like doing; trying to find a reason for his violent tendencies. This book was like a quick coffee chat on what's out there after all the cooing and cuddling are done and over with. Raising a child isn't a death sentence...that much I figured out, and getting into the minds of the parents is certainly entertaining--the wackier the better.

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### **Athira (Reading on a Rainy Day) says**

I wasn't exactly planning to read this book. I hadn't heard about it previously nor do I remember seeing it on any blogs. I was searching for some other book when this one showed up in the search results. The title sounded interesting and when I read the description, I was more than eager to read it. Who doesn't like to read essays? -- Especially, when they are about topics that you can relate to.

Now is probably a good time as any to talk about something I have been doing lately. No, this has nothing to do with parenting or this particular book I'm reviewing, but everything to do with how this book even got to be read. Like most of you, I have a huge TBR - at home on my bookshelves, on my Kindle, and also on a virtual bookshelf on Goodreads. There is no way I am going to read all those books, and that's fine. That doesn't really bother me. What bothers me is that there are all these books listed somewhere (physically and virtually), knowing fully well that I won't be reading a good portion of them. In a typical reading year, only a small percent of books read are from any of those shelves. I shelve far too many new books, at a rate faster than I can read them. So what then is the point of all this shelving? This is when I decided to change my system a bit to reflect what I actually do. I generally prefer picking a random book to read, and almost always, I avoid picking a book from any of my lists. So, why not just empty my virtual TBRs and only keep the core books that I definitely want to read. This will likely be a small number and I can now guiltlessly read any book I come across. That's why, when I saw this book, I started reading it immediately - not caring much about reviews or ratings or looking at my big TBR stack with trepidation.

(Yes, I realize I am doing the opposite of what I *should* be doing. I *should* be reading only from these

shelves, ignoring all the random books that line up in front of me. Sadly, that option doesn't appeal to me at all. I would rather whittle down my TBR shelves to the books I want to keep and then allow myself to discover random books for my reading pleasure.)

So, now this book. *Sleep is for the Weak* is essentially a collection of parenting essays written by some very popular writers and bloggers. I will admit to not knowing about any of these writers or their blogs. Their essays covered a huge spectrum of parenting - there are essays about how kids rule the house (even if parents like to believe that they are in charge), how having a baby has changed so many of them, and how even though you love your kid, you do think that they suck sometimes. As is typical with books like these, some essays are very short and some are long. But all are what I would consider blog post-length. I enjoyed all the essays but there are a few I loved the most.

**Happy Freakin' New Year** by Risa Green on Mommy Track'd: This is the post that inspired my blog post about living life the way my future self would want me to. Risa Green planned to adopt that as her New Year resolution (I don't know how that went though) and I loved the essay and the thought behind it so much that I wanted to live my life that way. Especially, in light of all the suffering around me lately.

**More Bell Ringing, Less Crappy Treatment** by Sheryl Naimark on Paper Napkin: This essay about how important it is to respect kids if you wish to teach them essential lessons the right way struck a chord within me. Most people I know from my generation and older got whipped as kids. This happens less often nowadays (phew!) but I have been part of many conversations where folks have defended being hit or hitting their kids saying everyone turned out fine. I have so many issues with that line of thinking. Yes, some kids do grow up damaged from being hit as kids but most probably don't. The danger is in their self-esteem levels, their confidence in meeting the world, their decision-making skills, and their socio-economic maturity levels. Plus, there is a higher chance that these kids will do the same when it is their turn to parent. I have no idea what kind of parent I will be but I hope I never use canes as disciplinary tools.

**Be Careful What You Wish For** by Susan Wagner: Susan's son has a very high IQ. His numbers are often off the charts and she mentions how this is something most parents want their kids to have. But she talks about the downsides - how her kid cannot understand emotions, how it is unfathomable to him that different people have different interests, and how he is often throwing tantrums because his mind is so logical that it cannot understand the complex emotional framework that this world is built on. She cautions that it is best to have a healthy baby than a smart one. While I agree with her, I think this is cultural as well. In some cultures, smart kids are preferred, emotional problems be damned, and to change this line of thinking, the parents need to change their attitudes.

**Corn on the Cam** by Birdie Jaworski: This is probably my favorite essay from this book. I loved it so much that I made the husband read it as well. This is a hilarious account of a road trip to Vegas that Birdie did with her two kids. They were planning to take PB&J for the road but the older kid suggested using the "car cookbook" (a cookbook that they bought at a yard sale) to make their meals. This involved wrapping up their meals in tin foil and placing them in the hottest part of the car's engine. (The sheer ingenuity of it! Now I need to try it too.) So, the kid planned all their meals and watched the odometer to make sure they pick up their meals after driving a certain number of miles. Other than this clever way of making food, they also learn a ton of other things on their journey. I think most of all, I love Birdie for putting this kid in charge of the meals, despite it involving opening the bonnet too many times and encountering many samaritans coming over to help.

(Oh, and if you were curious, this is the car cookbook - *Manifold Destiny*.)

**Becoming Mama** by Karen at The Naked Ovary: The lone story in the book about adoption. Also one of the most heartwarming. When Shreya was born, it took me a few days to actually bond with her. Initially I was terrified to be holding an infant but slowly I began to connect with her. For me, it was breastfeeding that did it. The husband needed a longer time but eventually he did bond as well. But when you adopt a baby, how long will it take? Movies like to show this connection to be an immediate thing but in reality it is not. In this essay, Karen talked about how it was for her. She worked on getting the baby to connect with her but she didn't know how long it was going to be for her to actually connect. When is she going to feel like a mother?

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### **Jill says**

Despite the fact that I don't have any kids, I really enjoyed reading this book of blogs by mommies & one daddy. I even laughed out loud at a few parts. Since it's composed of blogs, it would be easy reading even for a busy parent.

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