



© 2025 BECKY ROSTY

MAKE LEMONADE

STAY PRESENT MAMAS

2025-2026

All rights Reserved. Becky Rosty, 2025, Stay Present Mamas, BeckyRosty.com

Make Lemonade: Resist Crisis Mode, Redeem Stress, and Reclaim Your Joy



Make Lemonade:

**Resist Crisis Mode, Redeem Stress,
and Reclaim Your Joy**

By Becky Rosty

This section is titled “Cover Art & TOC”

All rights Reserved. Becky Rosty, 2025, Stay Present Mamas, BeckyRosty.com

No copies may be made without explicit permission by the author.

One single print for personal use is approved.

Make Lemonade: Resist Crisis Mode, Redeem Stress, and Reclaim Your Joy

Make Lemonade

Table of Contents:

Intro: Turning Lemons Into Lemonade

1. *Resist Crisis Mode*
2. *Redeem Stress*
3. *Reclaim Your Joy*
4. *From anxious to Assured: When Fear Takes Over*
5. *From grasping to grateful: When You're Desperate to Feel Seen*
6. *From second guessing to secure: When Selfishness Derails Your Momentum*
7. *From hustling to holy: When Your Amazon Cart is Calling Your Name*
8. *From lonely to listening: When You're Trapped in Baby Jail*
9. *From Disunity to Devotion: When Nobody Gets Along*
10. *From Touched Out to Tender: When You Reach the end of your rope*
11. *From Impatient to Praising: When God's Timing Drives You Crazy*
12. *Final Thoughts: Building a Lemonade Stand*

All rights Reserved. Becky Rosty, 2025, Stay Present Mamas, BeckyRosty.com

Make Lemonade: Resist Crisis Mode, Redeem Stress, and Reclaim Your Joy

Introduction