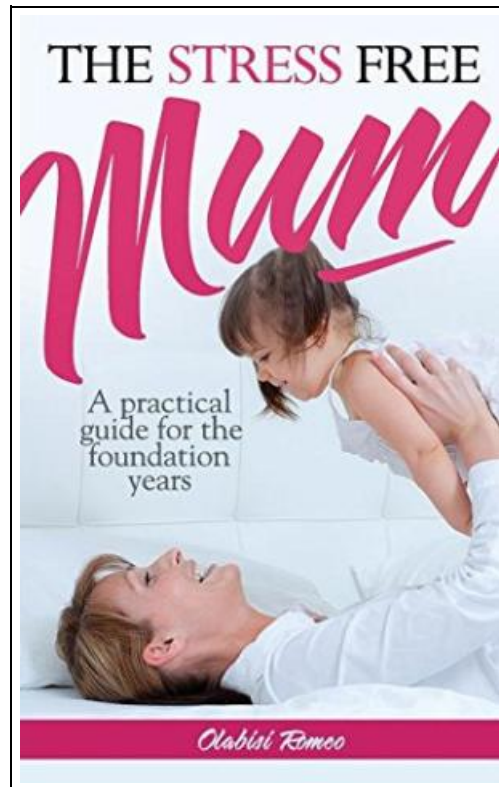


The Stress Free Mum (Paperback)



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe.
(Orin Blick)

THE STRESS FREE MUM (PAPERBACK)



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Life and Success Media, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Can I ever have it all - time for the children and time for me? Is there anyone out there that can help me enjoy my role as a mother? Can mothers enjoy a stress free life? These are a few questions mothers ask while trying to function exceptionally well in their role. Many mothers feel burdened and constantly hope that the pressures can be alleviated. Fortunately, this book *The Stress Free Mum*, a practical guide for the foundation years looks at feasible ways to ease stress while we embrace the role of motherhood. It outlines ways to alleviate stress through: *Planning *Routines *Setting Limits *Role Modelling *Speaking Life *Living Life *Dropping the weights and *Prayer. These have been written and presented in a clear and concise manner. Each chapter has examples and action plans that would ensure the readers begin the journey of stress free motherhood.



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