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Happy Mama

Amy Taylor-Kabbaz

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Happy Mama Amy Taylor-Kabbaz
Yes, you can put yourself first sometimes. No, it won't make you a bad mum. Definitely, a happy mama makes for a happy family.

Are you struggling to figure out who you are now that you're a mum? Do you sometimes feel like you're coming last in your own life? Do those calm, cellulite-free celebrity mothers make you want to turn toddler and start screaming in the supermarket aisle? It's okay, you're not alone. Journalist and life coach Amy Taylor-Kabbaz was one of those women who put themselves last, until she discovered that putting herself first was better not only for her, but for her kids too.

Happy Mama is the collected wisdom from Amy's makeover from strung-out parent to happy, self-loving mum.
Including interviews with working mums, psychologists, counsellors and spiritual leaders, it is full of practical and empowering advice that will help you change the way you feel about motherhood so the whole family can flourish.

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Shawn Martinez:

Have you spare time for the day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the actual Mall. How about open or even read a book called Happy Mama? Maybe it is for being best activity for you. You know beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with their opinion or you have different opinion?

David Johnston:

Happy Mama can be one of your beginning books that are good idea. Most of us recommend that straight away because this book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing Happy Mama but doesn't forget the main position, giving the reader the hottest and also based confirm resource info that maybe you can be certainly one of it. This great information can certainly drawn you into new stage of crucial considering.

Rachel Daniels:

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