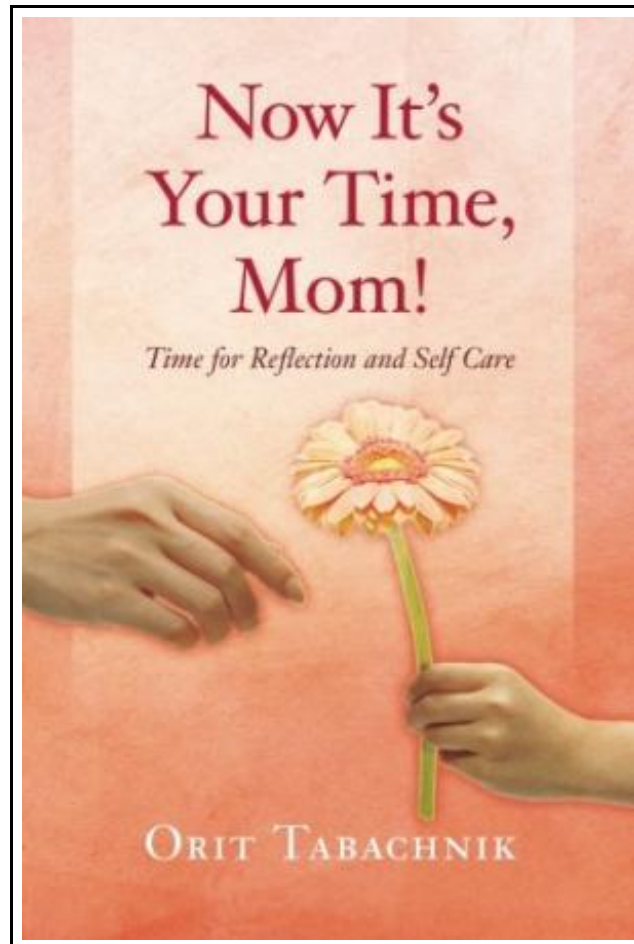


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Extremely helpful to all type of individuals. It really is basic but excitement inside the 50 % of the pdf. Its been designed in an remarkably basic way and is particularly only right after i finished reading through this book in which basically transformed me, change the way i believe.
(Agustina Treutel)

NOW IT S YOUR TIME, MOM!: TIME FOR REFLECTION AND SELF-CARE (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The experience of being a mother brings untold joys. However, with these joys come exhaustion and frustration often to the point where you start to lose your sense of self. Orit offers you a self-care guide to help you regain your balance. If you ve ever traveled on an airplane, you know the safety drill: before helping kids with their oxygen masks, adults must first take care of their own. This might sound selfish to a mother, but it is, in fact, the surest way of caring for your child. The same is true in daily life. Now It s Your Time, Mom! provides you with creative ideas for how to support your own health and well-being so you can better provide for the needs of your children. An author and a mother of two, Orit Tabachnik shares how she learned to navigate the daily challenges of motherhood.and invites you to take a moment to reflect upon your own experiences. A great gift for yourself or the other mothers in your life, this inspiring guide teaches you how to create space in your life so you can happily and compassionately attend to your family.

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