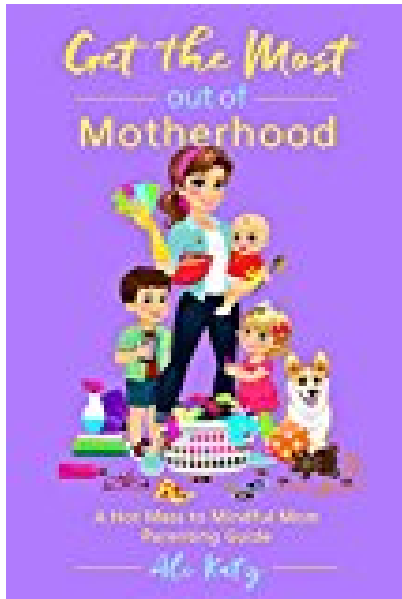


Get the Most out of Motherhood A Hot Mess to Mindful Mom Parenting Guide



BOOK DETAILS

- Author : Ali Katz
- Pages : 208 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 151072107X

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BOOK SYNOPSIS

Slow down and take time for yourself--because a better you is a better mom! The second book in the Hot Mess to Mindful Mom series, *Get the Most out of Motherhood* will help moms create balance, peace, and well-being in their homes, leaving behind their old ways of being constantly stressed-out and frantic. In the first book, Ali focused on internal issues and taught women that by caring for themselves first, they can better care for their families and loved ones. This book is the natural next step for moms who now understand that a better you equals a better mom! She will guide women on how to embrace their best selves while parenting so they can strengthen relationships with their children, create systems in their homes that work, and actually enjoy doing it. It is divided into three parts: * Mindful mom mindsets: bring your best self to parenting * Mindful mom methods: systems for your home that work * Mindful mom moments: ways to bond with your kids Easy and accessible, and filled with unique tools and ideas as well as personal examples that readers will relate to, this book will help moms go beyond the basics to build a healthier and happier family unit.

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