



## Teach Yourself Motherhood (Paperback)

By Judy Reith

Hodder Stoughton General Division, United Kingdom, 2008. Paperback. Condition: New. Language: N/A. Brand New Book. practical common sense that gives you support for all the things that most concern you combines inspiring stories and tips from real mothers coaching and motivational techniques to boost your confidence for all mums - not just working mums and not just those in a conventional family setting written by someone who knows what you re feeling -- Judy s not just a parent coach, she s also a busy mum of 3 teach yourself Motherhood is an inspiring yet practical guide designed to address the top ten issues that most concern you, from concerns about whether you re doing it right , to finding time to work (or not?), finding time for your children and still finding time for you. It will help you boost your actual parenting skills - building your childrens confidence and juggling all the many plates that are needed to help you achieve a happy family - while at the same time focusing on your own needs. Throughout the book there will be lots of case studies, tips and supportive insight and advice; at the same time, you will find lots...

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