



The Stress Free Mum (Paperback)

By Olabisi Romeo

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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