



The Mother's Book of Well-Being: Caring for Yourself So You Can Care for Your Baby

Lisa Groen Braner

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The Mother's Book of Well-Being carries a mother through the first year of motherhood and beyond. Divided into fifty-two short chapters (read between changings!) - one for each week of the year - Lisa Groen Braner provides wise advice for new mothers and experienced mothers alike. Learn to take time for yourself and claim a few moments of peace, survive sleep deprivation, make room for romance with your partner, and tune into your "maternal wisdom."

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