



Happy Mama

Amy Taylor-Kabbaz

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Yes, you can put yourself first sometimes. No, it won't make you a bad mum. Definitely, a happy mama makes for a happy family.

Are you struggling to figure out who you are now that you're a mum? Do you sometimes feel like you're coming last in your own life? Do those calm, cellulite-free celebrity mothers make you want to turn toddler and start screaming in the supermarket aisle? It's okay, you're not alone. Journalist and life coach Amy Taylor-Kabbaz was one of those women who put themselves last, until she discovered that putting herself first was better not only for her, but for her kids too.

Happy Mama is the collected wisdom from Amy's makeover from strung-out parent to happy, self-loving mum.

Including interviews with working mums, psychologists, counsellors and spiritual leaders, it is full of practical and empowering advice that will help you change the way you feel about motherhood so the whole family can flourish.

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