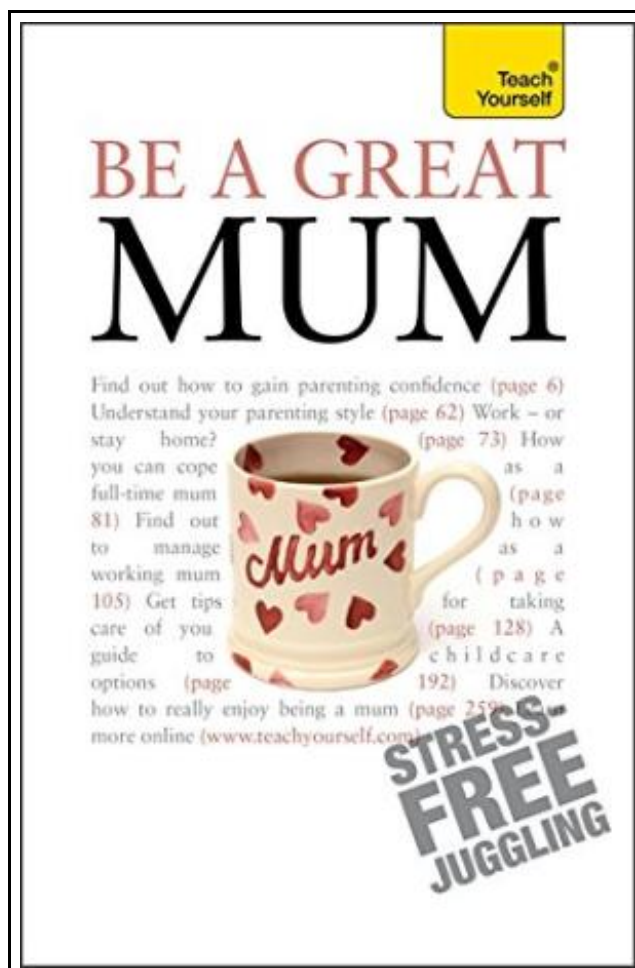


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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Be a Great Mum: Teach Yourself: 2010, Judy Reith, Is this the right book for me? Practical common sense that gives you support for all the things that most concern you - 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 of interactive material which will help you both to understand your own behaviour and to take steps to boost confidence in all the areas where you feel it is lacking. Be a Great Mum includes: Part one - Things all mums think about Chapter 1: Parenting confidence Chapter 2: Family values Chapter 3: Family relationships Part two - Work or stay at home? Chapter 4: Full-time mums Chapter 5: Working mums Chapter 6: Taking care of you Part three - The world of children and families Chapter 7:...

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