



What Every Mom Needs

Elisa Morgan, Carol Kuykendall

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When do you get time for you? Remember when you had a life of your own? The hectic job of being a mom is fraught with sacrifices, fears, and uncertainties. But nothing offers greater rewards or more opportunities to enrich yourself than raising your kids. *What Every Mom Needs* shows you how being a great mom and a person in your own right go hand-in-hand. Extensively revised and updated based on current research and the latest survey of moms by MOPS® International (Mothers of Preschoolers), this bestselling book helps you deal with the realities you face today as a young mother. If you've wondered how to find time for friendships, how to lighten your workload, or how to go about rediscovering and developing yourself as an individual, *What Every Mom Needs* is for you. Filled with personal stories and helpful features, including a list of resource websites, this book will help you understand the importance of meeting your six basic needs as a mom?and how to actually get them met. Fulfilling your needs for identity, growth, relationships, help, perspective, and hope will make you a happier, more centered person and a better mom.

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