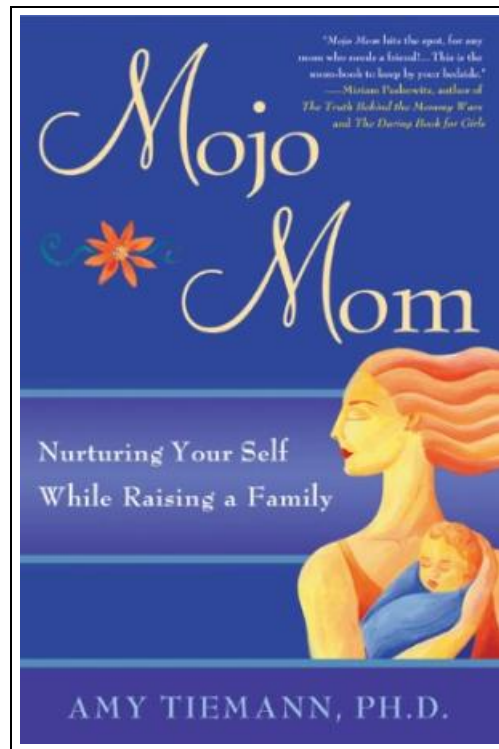


Mojo Mom: Nurturing Your Self While Raising a Family (Paperback)



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Reviews

This book is indeed gripping and interesting. It really is rally exciting throught studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.
(Aisha Lemke)

MOJO MOM: NURTURING YOUR SELF WHILE RAISING A FAMILY (PAPERBACK)

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GOTHAM BOOKS, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. Read Amy Tiemann's posts on the Penguin Blog. MOJO MOM helps you answer the question, Who Am I Now that I'm A Mom? What is Mommy Mojo? It's the feeling you get when you're a parent at the top of your game, juggling the kids and the many facets of life, and keeping your own needs in balance. Motherhood is a tremendous gift, but it's also a huge identity shift. Becoming a Mojo Mom means bringing your self and your dreams back into focus, while still giving your family the loving attention it needs. It may sound like a fantasy, but it can be done. Mojo Mom shows women practical ways to:

- *Prepare to become a Mom without losing your identity
- *Survive and enjoy the intense early years
- *Save some of your best energy and creativity for your own ideas and dreams
- *Reenter the workplace or take on a new path with confidence and ease
- *Learn the key elements to the long-term success of your marriage
- *Become a Naptime Activist-and change the world in just an hour a week
- *Rise above the Mommy Wars between stay-at-home and working moms
- *Use motherhood as an opportunity for reinvention

Getting your mojo back is not just another item for your to-do list-it's your right. Amy Tiemann, executive team member and founder of , will help every woman explore her true self.

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