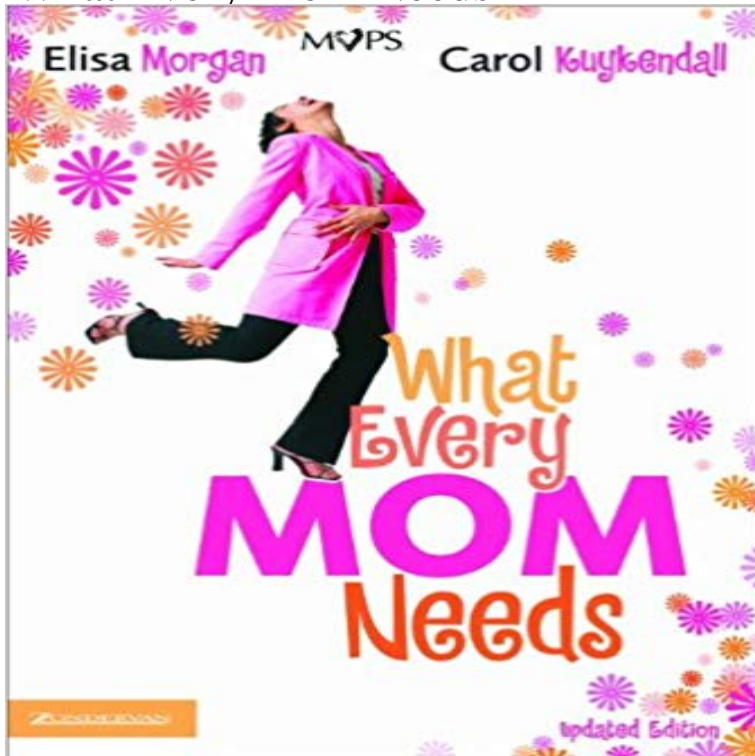


## What Every Mom Needs



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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