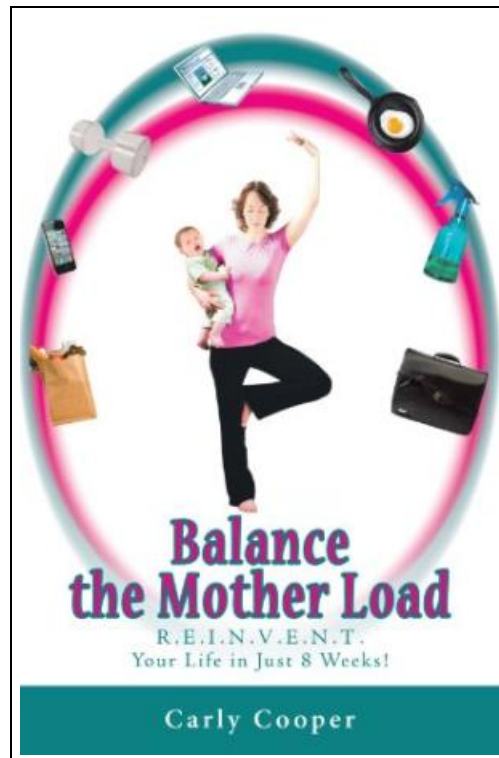


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Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Juggling two young kids and a full-time job derailed me. This book put me back on track and even had me laughing. Thank you, Carly! --Lisi Harrison, best-selling author of The Clique series, The Alphas series, and Monster High series. You need this book if - you consider yourself lucky when you have time to shave both legs - your kids think it's odd when you spend more than a few hours with them - you think running out the door counts as exercise - you're having a more intimate relationship with your smart phone than your spouse - you think putting on clean clothes is dressing up - you look forward to your annual pap just to have some me time So many moms neglect themselves and their well-being because they think it's the only way to take care of their family. After all, isn't that what a good mom does? Carly Cooper, a certified life coach for moms, shares her unique R.E.I.N.V.E.N.T. System(TM) that she created to help busy, stressed-out moms shift this backward perception and get back in touch with who they really are. Using practical advice, tips, strategies, and hands-on exercises, you are shown exactly how to become the best woman and mom you can be by learning to have more freedom, more sanity, and more time to enjoy it all.

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