

Becoming a Seriously Happy Special Needs Mom: 21 Steps to Finding Your Happy Place (Paperback)



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Reviews

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.
(Lorena White)

BECOMING A SERIOUSLY HAPPY SPECIAL NEEDS MOM: 21 STEPS TO FINDING YOUR HAPPY PLACE (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Where Does the Special Needs Mom Go For Support? As a special needs mom we forget to take care of ourselves, because we are so busy taking care of everyone and everything. We are running like hamsters on a wheel, trying to find our way through this new world we live in. This level of busy is exhausting. When a friend asks you how are you doing, how do you respond? Do you tell them you re tired, frustrated, angry, or burnt out? Or, do you tell them about your child s latest challenge that s got you up against the wall? Have you forgotten to check in with yourself? To stop and take a break or catch your breath? You may be so exhausted you can t figure out how to take a break, you think you are out of options. The truth is you do have options. You have many options, all within the Becoming A Seriously Happy Special Needs Mom. The guide to finding your happy place that you won t find anywhere else. Practical tips, life lessons, and strategies to open your mind to new ways of thinking. Change the way you look at life and life will look different. Discover how you can create your Happy Place in a world that you never imagined for yourself. Find out how laughter will change your perspective and your attitude. Become the empowered and confident mother, wife, and friend in difficult situations. Relationships will blossom and your self confidence will soar. If you re looking for support for special needs moms, you re in the right place. Scroll to the top of the page and get started when you...



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