

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

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Reviews

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



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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