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# TIME FOR MOM-ME: 5 ESSENTIAL STRATEGIES FOR A MOTHERS SELF-CARE COMPANION GUIDE



Finding Definitions, LLC. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. Congratulations New Mom! Im so glad you are reading this companion guide to my book, Time for momMe: 5 Essential Strategies for a Mothers Self-Care! Throughout this companion guide, I will reference corresponding exercises. Those can be completed in my book, Time for mom-Me: 5 Essential Strategies for A Mothers Self-Care. My intention in writing my book and this companion guide was to create both...

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- Authored by Mia Renee' Redrick
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