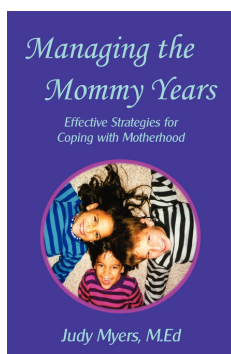


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MANAGING THE MOMMY YEARS EFFECTIVE STRATEGIES FOR COPING WITH MOTHERHOOD EBOOKS 2019



Author: Judy Myers

Release Date: Expected @@expectedReleaseDate@@

Discover three tools that can dramatically change your life as a Mom. In this candid book, Judy Myers shares three successful tools for managing the trials and tribulations of parenting. A personal guide for Moms by a Mom, *Managing the Mommy Years* tells how she saved her sanity, her marriage, and her other relationships-and how you can, too. Without an inordinate investment of time, you can reduce your stress, keep your important relationships strong, and find the energy to keep the essence of who you are giving so much to your children. As Judy reveals many personal anecdotes and excerpts from her own private journal, you will feel as if you are sitting in front of a fireplace, sipping a glass of wine, having a heart-to-heart talk with your best friend.

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