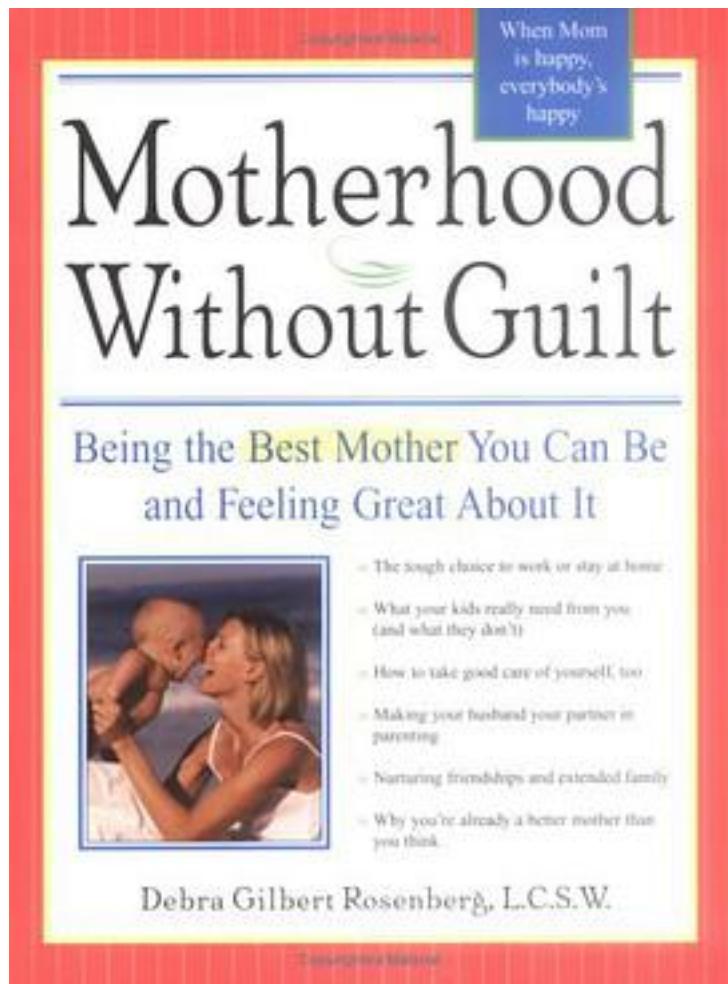


Motherhood Without Guilt



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Moms feel guilty about everything... They think they're not doing enough for themselves, for their children and for their spouses. They question their decisions about

working vs. staying at home. They agonize over keeping up with housework, struggle in their relationship with their husband, wrestle with negative feelings about their children from time to time and worry that they don't measure up to their own or others' expectations. In short, feeling guilty is pervasive among mothers; it just seems to come with the territory. *Motherhood without Guilt* uses a question-and-answer format to address all the issues that cause a mother to feel bad about her mothering, and shows how to: --Reconcile working vs. staying at home--Be emotionally available to your kids in just the right way--Take good care of yourself, too--Create partnership in parenting with your husband--Nurture friendships and get support from others Related title: *The New Mom's Companion* 1-4022-0014-5

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