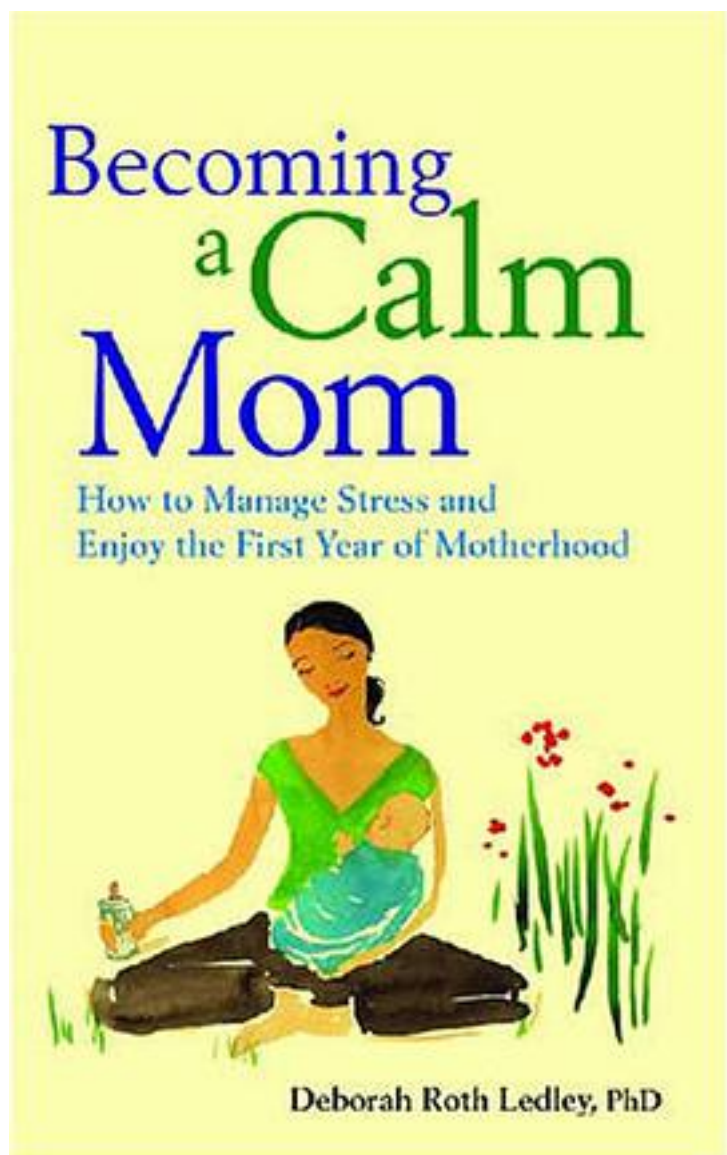


Becoming a Calm Mom



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Deborah Roth Ledley introduces six simple strategies to handle the inevitable stress we all experience during the first year of motherhood. In the "Calm Mom Toolbox" you will find strategies for healthy thinking, behavior, communication, and decision-making, as well as relaxation skills and approaches to nurturing existing and new relationships.

作者介绍:

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