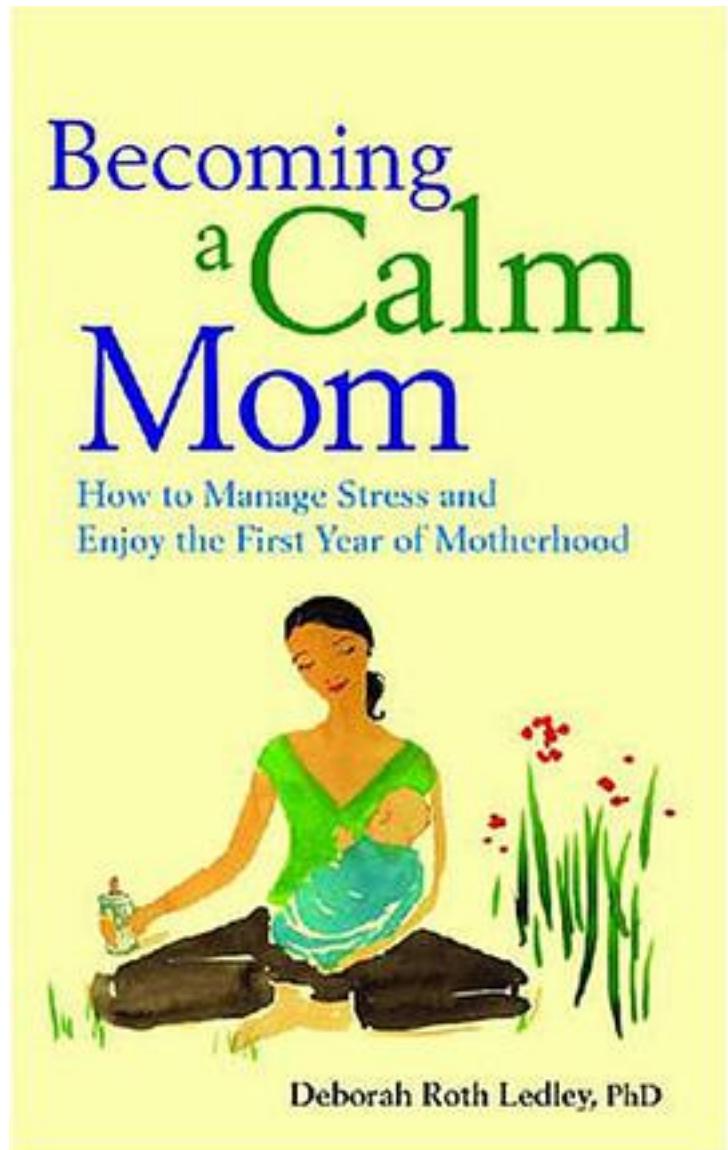


Becoming a Calm Mom



[Becoming a Calm Mom_下载链接1](#)

著者:Ledley, Deborah Roth

出版者:

出版时间:2009-1

装帧:

isbn:9781433804045

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:

目录:

[Becoming a Calm Mom](#) [下载链接1](#)

标签

评论

[Becoming a Calm Mom](#) [下载链接1](#)

书评

[Becoming a Calm Mom](#) [下载链接1](#)