

Mojo Mom



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MOJO MOM helps you answer the question, "Who Am I Now that I'm A Mom?"

What is Mommy Mojo? It's the feeling you get when you're a parent at the top of your game, juggling the kids and the many facets of life, and keeping your own needs in balance. Motherhood is a tremendous gift, but it's also a huge identity shift. Becoming a Mojo Mom means bringing your self and your dreams back into focus, while still giving your family the loving attention it needs. It may sound like a fantasy, but it can be done.

Mojo Mom shows women practical ways to:

- * Prepare to become a Mom without losing your identity
- * Survive and enjoy the intense early years
- * Save some of your best energy and creativity for your own ideas and dreams
- * Reenter the workplace or take on a new path with confidence and ease

- * Learn the key elements to the long-term success of your marriage
- * Become a Naptime Activist-and change the world in just an hour a week
- * Rise above the "Mommy Wars" between stay-at-home and working moms
- * Use motherhood as an opportunity for reinvention

Getting your mojo back is not just another item for your to-do list-it's your right. Amy Tiemann, MomsRising.org executive team member and founder of MojoMom.com, will help every woman explore her true self.

作者介绍:

目录:

[Mojo Mom_ 下载链接1](#)

标签

评论

[Mojo Mom_ 下载链接1](#)

书评

[Mojo Mom_ 下载链接1](#)