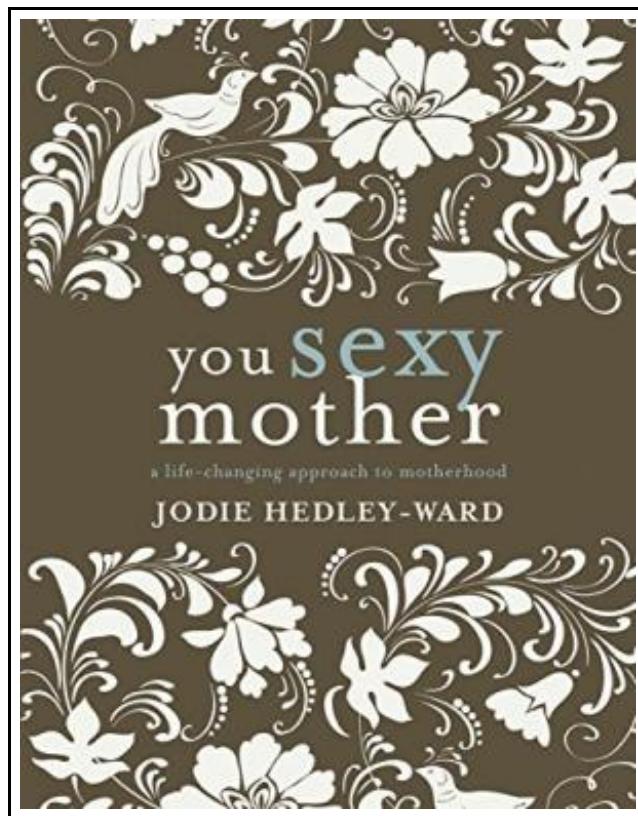


You Sexy Mother: a Life-changing Approach to Motherhood



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Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, You Sexy Mother: a Life-changing Approach to Motherhood, Jodie Hedley-Ward, YOU SEXY MOTHER redefines what it means to be a mum today .one who is sexy, vibrant, healthy, happy and engaged in a life that has meaning and value. When she became a mother herself, Jodie Hedley-Ward failed to find any book that supported her own beliefs about what motherhood could and should be, so she set about writing one herself. In particular, she wanted to explore three key concepts: (1) The idea that being a mother can be an exciting, fulfilling and even lucrative option. (2) To show via her own journey how it is possible to change from the stereotypical worn-out mum who is losing her sense of self, into a sexy, vibrant woman who embraces her role. (3) To provide an alternative to the traditional black-and-white options of working mother (feeling guilty/children in full-time care) versus stereotypical frumpy stay-at-home mum (who attends parent groups and doesn't bother with her appearance). YOU SEXY MOTHER offers sensible advice on self-perception, self-respect, the importance of relationships, simplifying your life, creativity through motherhood, making use of community resources - and concludes with a transformational ten-day turnaround plan.

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