



# The Well-Crafted Mom: How to Make Time for Yourself and Your Creativity within the Midst of Motherhood

*Kathleen Ann Harper*

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## **The Well-Crafted Mom: How to Make Time for Yourself and Your Creativity within the Midst of Motherhood** Kathleen Ann Harper

Discover new ways to carve out time for yourself and create more happiness for you and your family. In The Well-Crafted Mom, Kathleen Ann Harper weaves together been-in-your-shoes stories, contemporary sociological and psychological research, and inspirational crafts to help you find solutions to common situations for moms:

- How to grapple with mommy guilt and win.
- Tips on how to say no to what you don't want to do.
- Time management tools to help you carve out time for yourself – and what to do with your time once you've reclaimed it.
- Ways to tell the difference between having a mess and being a mess, and why it matters.
- How expectations steal your happiness and what you can do to take it back.
- How to understand that self-care isn't selfish and is the place from which your true strength grows.
- Ideas for making inner-circle friends – and why they're so important.
- Strategies for improving your self-talk dialogue and why it's crucial that you do.

A reference book for busy moms, The Well-Crafted Mom is the middle sister between Martha Beck's Finding Your Own North Star and Brave Girls Club founder Melody Ross' Choose Happy. In the pages of The Well-Crafted Mom you'll find reassurance, see yourself in familiar stories, and discover ideas for crafting your beautiful life.



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#### **Brian Griffith:**

The book untitled The Well-Crafted Mom: How to Make Time for Yourself and Your Creativity within the Midst of Motherhood contain a lot of information on this. The writer explains the girl idea with easy method. The language is very simple to implement all the people, so do not really worry, you can easy to read it. The book was compiled by famous author. The author provides you in the new period of time of literary works. You can easily read this book because you can keep reading your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice read.

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With this era which is the greater person or who has ability to do something more are more important than other. Do you want to become certainly one of it? It is just simple method to have that. What you need to do is just spending your time very little but quite enough to enjoy a look at some books. One of several books in the top collection in your reading list is definitely The Well-Crafted Mom: How to Make Time for Yourself and Your Creativity within the Midst of Motherhood. This book that is certainly qualified as The Hungry Slopes can get you closer in getting precious person. By looking up and review this reserve you can get many advantages.

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