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You Sexy Mother: The Journal

By Jodie Hedley-Ward

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, You Sexy Mother: The Journal, Jodie Hedley-Ward, The You Sexy Mother books redefine what it means to be a stay-at-home 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. You Sexy Mother was the triumphant result. Since then, thousands of women have read and absorbed the You Sexy Mother philosophy, then sought further information and contact with other women through the author's busy website, www.yousexymother.net. You Sexy Mother: The Journal is a beautiful but practical follow-up to the author's first book, offering sensible advice on self-perception, self-respect, the importance of relationships, simplifying your life, creativity through motherhood and making use of community resources. But this book is also a workbook, containing numerous reflection questions, quotes and thoughts to stimulate change. Jodie has also updated the transformational ten-day turnaround plan that appeared in her first book, making this book even more useful.



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Reviews

The ebook is great and fantastic. We have read and i also am sure that i am going to likely to go through once again again down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Erica Turcotte

It in one of my personal favorite publication. Indeed, it is actually perform, still an amazing and interesting literature. Its been printed in an exceptionally easy way which is merely soon after i finished reading this book where really altered me, change the way i believe.

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