



## How to be a Happy Mum: The Netmums Guide to Stress-free Family Life

By NETMUMS, Siobhan Freegard

Headline Publishing Group, United Kingdom, 2007. Paperback. Book Condition: New. 232 x 152 mm. Language: English . Brand New Book. Much has been written about what to expect of your child in the first year of its life, how to tame toddlers and raise children. In an age prone to overparenting, the time is right for the UK s largest online parenting organisation to put the emphasis back on a mother s needs. Often, the pressure to be the perfect mother can add to a mother s worries - especially first time around. Forget the Yummy Mummy phenomenon that says it s possible to look after a newborn baby, keep your house spic and span, cook gourmet family dinners, and still manage to put your lipstick and heels on. Life isn t really like that. This practical handbook looks at the elements of parenting that can make a mother unhappy and offers information and advice on how to cope. Most importantly this is real advice for real women from real women - the 250,000 members of, together with advice from the experts.



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