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_____ The Little Book of Calm for New Mums will share advice and support on issues that new mothers face from A for Anger to I for Insomnia providing an empowering pep talk for those days when new mothers need it most Psychotherapist and mother of three Anna Mathur will support readers through the rollercoaster of feelings that come with being a new mum and provide expert advice based on her own professional and personal experiences Whether you need some quick grounding a note of compassion or you want to untangle a feeling flick to a page for a quick uplifting moment of much needed support There are quick takeaway mantras and action tips for those tight on time and further reading should you want to explore topics more deeply This comprehensive A Z covers everything from baby blues and anxiety to guilt insomnia stress your inner critic and maintaining friendships _____

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