

LOSE THE CAPE

Realities from Busy
Modern Moms and
Strategies to Survive



By Alexa Bigwarfe
& Kerry Rivera

Lose The Cape Realities From Busy Modern Moms And Strategies To Survive

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Lose The Cape Realities From Busy Modern Moms And Strategies To Survive:

Lose the Cape Alexa Bigwarfe, Kerry Rivera, 2015-04-28 This mothering gig is serious stuff There s no handbook on how to deal with your kid yet many moms feel pressured to be supermom Sure there are parenting books and websites and Pinterest but it s overwhelming There s so much to do and despite our best efforts we likely feel guilty for not doing more doing better doing it all This book is an attempt to reach out to all moms and let you know you re already super You don t need the cape really Still who couldn t use a little help **Lose the Cape** features resources galore including suggestions and tips from a diverse group of moms to make life run smoother Organization meal planning morning and evening routines battling new mommy worries and so forth are all tackled in one place to provide a handbook for any mom looking for some relief We re not experts We re like every other mom trying to survive and show our kids some love But we ve learned along the way to cut a few corners to learn some systems to gain control of the chaos to form support groups to lift us up to find a way that works for our families and ourselves We try to be super every day but we don t aspire to be supermom because she simply does not exist We think it s time for all moms to join together and **Lose the Cape** **Mothering Through the Darkness** Stephanie Sprenger, Jessica Smock, 2015-11-03 Approximately 1 in 7 women suffer from postpartum depression after having a baby Many more may experience depression during pregnancy postpartum anxiety OCD and other mood disorders Postpartum depression is in fact the most common pregnancy related complication yet confusion and misinformation about this disorder are still widespread And these aren t harmless myths the lack of clarity surrounding mothers mental health challenges can have devastating effects on their well being and their identities as mothers which too often leads to shame and inadequate treatment In this one of a kind anthology thirty mothers break the silence to dispel myths about postpartum mental health issues and explore the diversity of women s experiences Powerful and inspiring **Mothering Through the Darkness** will comfort every mother who s ever felt alone ashamed and hopeless and hopefully inspire her to speak out

Working Mother ,2001-10 The magazine that helps career moms balance their personal and professional lives

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Portland Transcript ,1863 **The Saturday Evening Post** ,1925 **Farmer's Advocate and Home Journal** ,1918

Princeton Alumni Weekly ,1951 **The Illustrated London News** ,1869 **Bulletin of the Atomic Scientists** ,1973-10 The **Bulletin of the Atomic Scientists** is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer

world **The New York Times Saturday Review of Books and Art** ,1968 New York Times Saturday Review of Books and Art ,1968 Alliance News ,1893 Lose the Cape Vol 4 Alexa Bigwarfe,Nancy Cavillones,2018-10-30 Tips to help moms get politically engaged and raise socially and politically engaged children **Mom On The Go** Elsie James,2023-08-13 Mom On The Go Strategies for Busy Working Moms Are you a modern day superhero juggling work family and a million responsibilities Do you often find yourself wondering how to manage it all without losing your sanity Is there a way to achieve that elusive balance between career success and being the present nurturing mom your family needs In Mom On The Go meet Camilia a working mom who seemed to have it all together on the outside but was secretly drowning in the chaos of her busy life Join Madeline a real life working mom who battled the overwhelming demands of career and family only to discover a transformative path that changed her life With heartwarming stories we ll take you on a journey through the maze of a busy working mom s life exploring the tears the laughter the challenges and the triumphs You re not alone in your struggles we ve been there and we understand Drawing on the experiences of real moms and the expertise of renowned author this book offers credible insights and proven strategies to help you

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