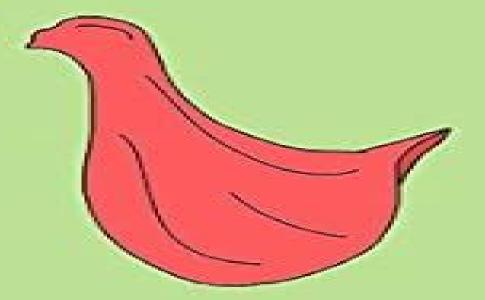
LOSE THE CAPE



Realities from Busy Modern Moms and Strategies to Survive



By Alexa Bigwarfe & Kerry Rivera

Roman Wölfel

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 Popular Mechanics ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle Mother Jones Magazine ,1985-05 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues The Rural New-Yorker ,1929 Mother Jones ,1985 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

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