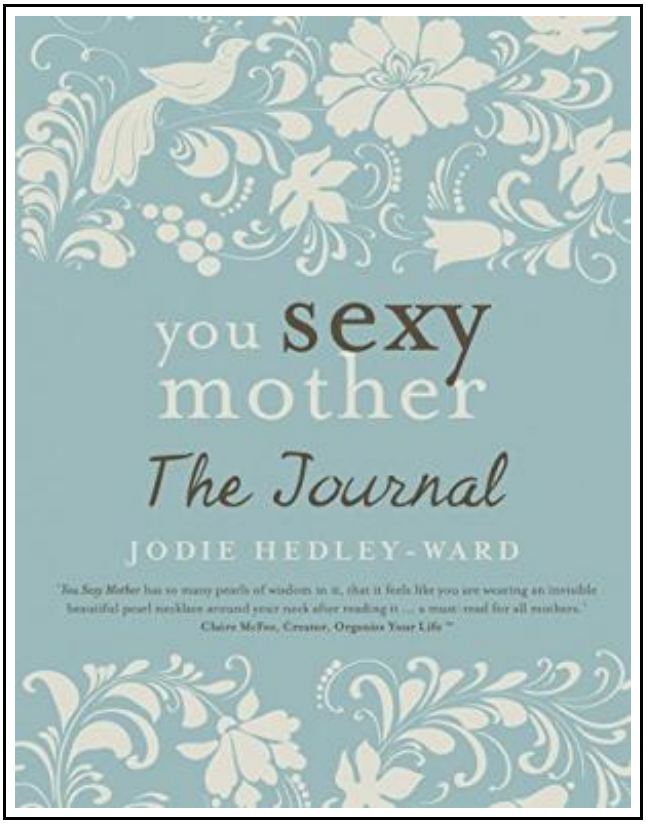
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Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, You Sexy Mother: The Journal, Jodie Hedley-Ward, The You Sexy Mother books redefine what it means to be a stay-at-home mum today.one who is sexy, vibrant, healthy, happy and 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.netYou 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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