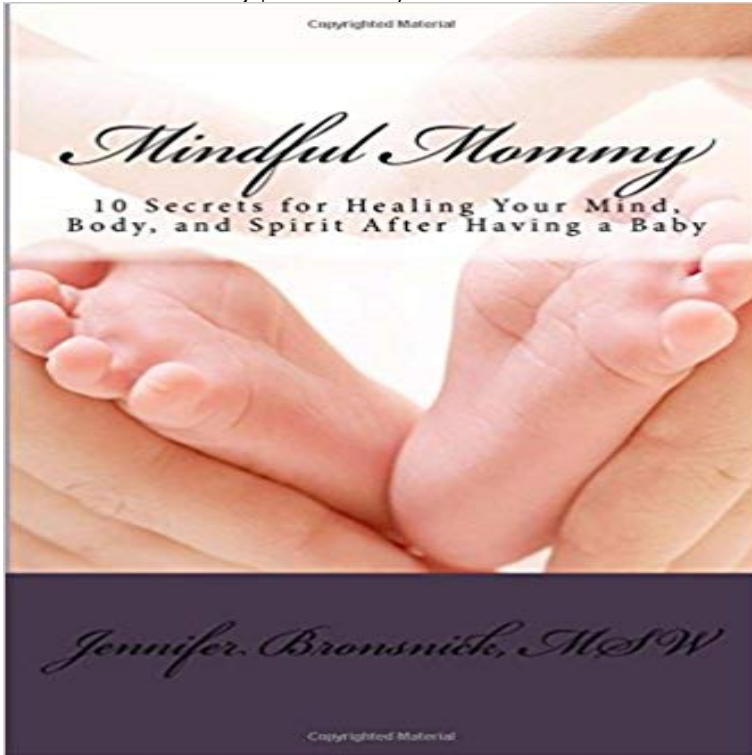


# Mindful Mommy: 10 Secrets for Healing Your Mind, Body and Spirit After Having a Baby



Becoming a mother is one of the most wonderful AND stressful times in a woman's life. You might be surprised to know that as many as 80% of new moms experience some change in their mental health after having a baby. This short book was written by a mother of three and licensed therapist with the intention of inspiring new moms to implement a self-care plan to reduce the incidence of a serious perinatal mood and anxiety disorders.

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