



A New Mother's Guide - Surviving The First Year - Audio Book With Print Edition

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Survive the 1st Year with a New Baby Audio Book With Print Edition Mom's Survival Guide TABLE OF CONTENTS INTRODUCTION NO, YOU'RE NOT CRAZY ACKNOWLEDGE THE PHYSICAL CHANGES GET YOUR BODY BACK ACKNOWLEDGE THE OTHER CHANGES MOTHER AND TEMPTRESS? GET LESS CRAZY LABOR DOESN'T END RIGHT AWAY IT DOESN'T STOP WHEN THE BABY IS BORN NURSING CONSIDERATIONS COMPLICATIONS DON'T IGNORE YOUR NEEDS LET'S TALK ABOUT SLEEP DON'T IGNORE YOUR RELATIONSHIPS DON'T LOSE YOURSELF BABIES ARE AMAZING TRUST YOUR INSTINCTS YES, YOU GROW EYES IN THE BACK OF YOUR HEAD. DON'T DISCARD YOUR FEELINGS. KNOW WHEN YOU ARE JUST BEING PARANOID. BABIES GET SICK FINANCIAL CONSIDERATIONS FINANCIAL PROBLEMS CAN MAKE THINGS MUCH HARDER. THERE IS NO BETTER TIME TO BUDGET. WATCH YOUR SPENDING. ADVICE IS EVERYWHERE FAMILY FRIENDS STRANGERS MAKE SOME FRIENDS WHERE TO FIND THEM THE UNIVERSAL CONVERSATION PIECE THE PAYOFF FROM ONE MOM TO ANOTHER HEALTH TIPS MONEY-SAVING TIPS RELATIONSHIP TIPS SANITY TIPS PRACTICAL TIPS CONCLUSION

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