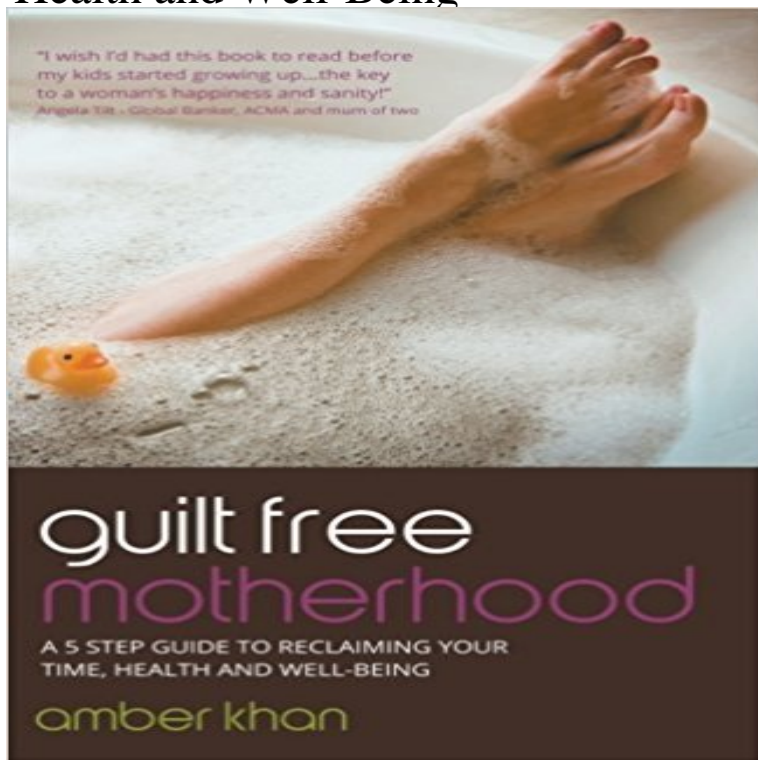


# Guilt Free Motherhood: A 5 Step Guide to Reclaiming Your Time, Health and Well-Being



Own your happiness. Reclaim your well-being. Make a guilt-free lifestyle, your choice of living! Do you think being a super mum is your only option? Do you neglect your own health while caring for others? Do you struggle to maintain a happy work/life balance? Do you often feel stressed and burnt-out? Then you may be suffering from Mummy Guilt. Guilt Free Motherhood will guide you to: Ignite your passion to bring balance to your life; Take practical steps towards self-care; De-clutter your space, schedules and relationships; Let go of the super mum and the control freak inside of you; Practical ways of recharging your batteries. A mother's journey should not be, and need not be, a GUILT trip. Guilt Free Motherhood gives you the tools you need to start living a more contented, healthy and energised lifestyle today - right in the midst of motherhood.

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