



# Time for Mom-Me: 5 Essential Strategies for A Mother's Self-Care Companion Guide

*Mia Renee' Redrick*

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Congratulations New Mom! I'm so glad you are reading this companion guide to my book, Time for momMe: 5 Essential Strategies for a Mother's Self-Care! Throughout this companion guide, I will reference corresponding exercises. Those can be completed in my book, Time for mom-Me: 5 Essential Strategies for A Mother's Self-Care. My intention in writing my book and this companion guide was to create both dialogue and a support community among women as mothers that address the realities of being a mom as they relate to self-definition. My goal is to provide you with strategies and solutions that will set you on a path to find meaningful ways to incorporate yourself into your life as mommy. You've read books about what to expect when you are pregnant, how to care for your newborn, and tips on raising your children. Finally, here's a book for all moms who devote their time and energy to everyone else, yet inevitably leave little for themselves. I wrote this book because I have read countless books on helping mothers find balance. The truth of the matter is that balance is not something we find; it is something we create.

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