

You're Welcome, Mama

Permission Granted To Be A Better You

Dr. Heather Cook



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You're Welcome, Mama: Permission Granted to be a Better You



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You're Welcome, Mama can be a lighthearted read for young mamas who experience overwhelmed, exhausted, frazzled, or all that craziness balled up into 1 messy life. Seldom, do they provide to themselves. This book takes youthful mamas through a journey of "I'm overwhelmed" to "Here we go," showing them how to be considered a better person for everyone, and most importantly, for themselves. This book boasts a mix of humor and bite-sized, reasonable challenges that may inject a dose of productivity to a mama's day time and a sense of accomplishment to her globe. So often, mamas give to others.



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