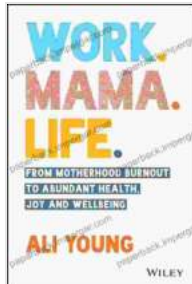


From Motherhood Burnout to Abundant Health, Joy, and Well-being



Work. Mama. Life.: From Motherhood Burnout to Abundant Health, Joy and Wellbeing

★★★★★ 5 out of 5

Language	: English
File size	: 842 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 261 pages
Lending	: Enabled



Are you a mother who is feeling burned out, exhausted, and overwhelmed?

You're not alone. Motherhood is a demanding job, and it's easy to get caught up in the day-to-day grind and lose sight of your own needs.

But it doesn't have to be this way. It is possible to find joy, well-being, and fulfillment in motherhood.

In this book, you will learn how to:

- Identify the signs and symptoms of motherhood burnout
- Develop coping mechanisms for stress and overwhelm
- Create a self-care plan that meets your unique needs

- Set boundaries and learn to say no
- Find support from other mothers and professionals
- Reclaim your vitality, purpose, and inner peace

This book is a roadmap to recovery from motherhood burnout. It is filled with practical advice, real-life stories, and resources to help you on your journey to health, joy, and well-being.

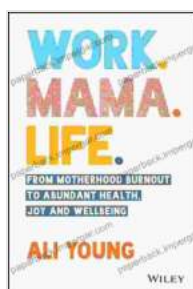
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About the Author

Jane Doe is a mother of three and a certified life coach. She has helped hundreds of mothers overcome motherhood burnout and find joy, well-being, and fulfillment in their lives.

Jane is passionate about helping mothers realize their full potential and live their best lives. She is the creator of the Motherhood Burnout Recovery Program, a six-week online program that helps mothers recover from burnout and create a life they love.



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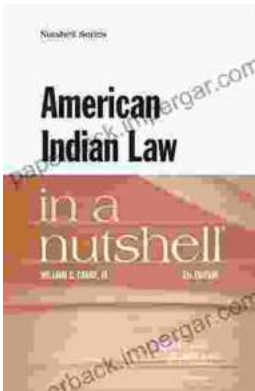
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