

Download The Little Book Of Mumfulness A Non Expert Guide To Imperfect Mumhood

In The Little Book of Mumfulness, a non-expert mum takes you through the non-perfect guide to getting through motherhood without losing your mind from exhaustion. If you have: 1) Not eaten in well over twelve hours; In The Little Book of Mumfulness, a non-expert mum takes you through the non- perfect guide to getting through motherhood without losing your mind from exhaustion. In The Little Book of Mumfulness, a non-expert mum takes you through the non-perfect guide to getting through motherhood without losing your mind from exhaustion. In The Little Book of Mumfulness, a non-expert mum takes you through the non-perfect guide to getting through motherhood without losing your mind from exhaustion. If you have: 1) Not eaten in well over twelve hours; 2) Run out of nappies; 3) Got a house that is beginning to look like it's been burgled.....then this book is for you. Advice includes: