



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

Amber Khan

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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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