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...

From first kisses,  
diaper changes and  
potty training to car  
pools and soccer  
games, all the issues  
that are close to your  
heart as a mom are  
covered, so read it and  
be encouraged!

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Mothering is an  
adventure to be  
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1. Listen to yourself. Finding yourself is about living authentically. Pay attention to what your mind and body are telling you. Notice when you feel engaged and when you feel lost. Is there a pattern behind these situations? 2. Accept your feelings. Acknowledge your emotions, even when they cause you discomfort.

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lives for the sunshine,  
coffee, travel,  
everything Disney, and  
cuddles from my kids.  
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memorable stories,  
cute kid photos, and  
everything in between!  
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The mommy diaries :  
finding yourself in the  
daily adventure. [Tally  
Flint;] -- Mothering isn't  
just about the kids--it's  
a learning adventure  
for mom, too. The  
Mommy Diaries points  
moms to the lessons  
and insights that can

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be found in their  
experiences.

**The mommy diaries :  
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Following on from one-off special Sam Faiers: The Baby Diaries, this reality series follows television personality Sam and her family, as Sam learns to adapt to her new-found motherhood and ...

**Sam & Billie: The**  
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(Week 7) - Author

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(Losing 23 lbs in 23

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on Cuban Sandwiches

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How to Be Flexible

(Week 6 of Getting

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**The Bad Mommy  
Diaries - For All of  
the "Bad Mommies"  
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course of your  
mothering adventure,  
you may not have time  
to record all the things  
you are learning about  
yourself. The Mommy  
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and inspiration through  
the lives of many  
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### **Join the Adventure**

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