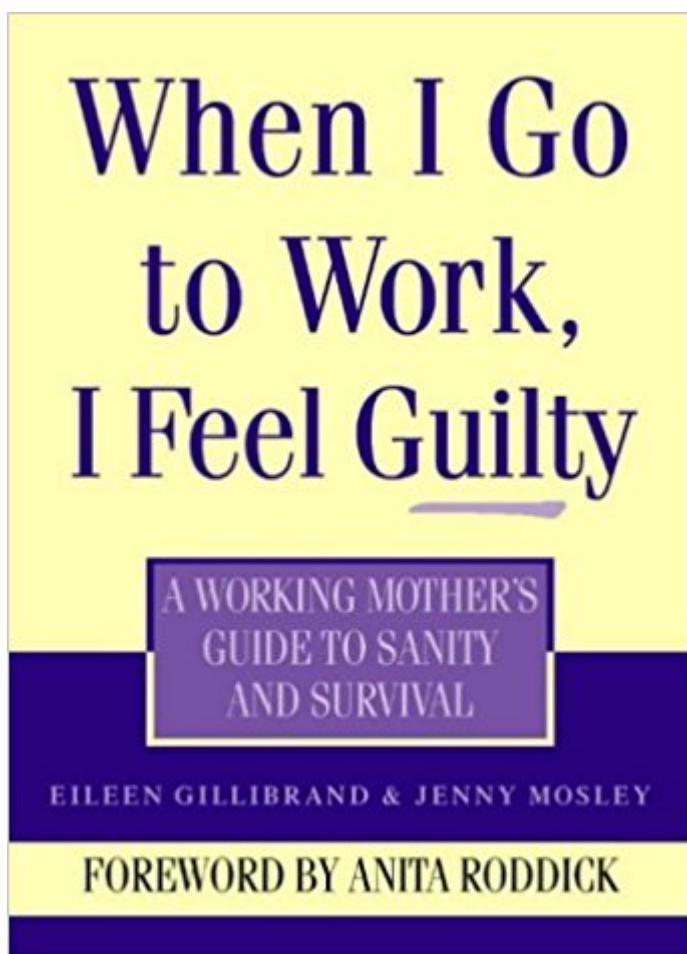


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When I Go To Work I Feel Guilty: A Working Mother's Guide To Sanity And Survival



Synopsis

With the stresses and strains of working mothers more in the spotlight than ever, this book provides welcome information and advice to this highly stressed, over-stretched group. needed by so many.

Book Information

Paperback: 228 pages

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Customer Reviews

'This book is a great aid to sorting out priorities, gaining confidence and using energy in a positive way.'Anna Ford, BBC'Let's banish the guilt. The new mantra to be heard is celebrate yourself as a working mother, and others will do so too. The potential ripple effects of this book are irresistible...because like a woman's work, positive self-esteem will reach further than ever imagined.'Anita Roddick, founder and chief executive of The Body Shop

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