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## 5 MINUTES A DAY FOR NEW MUMS EBOOKS 2019



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This unique book takes the new mum on her journey of transitioning and adjusting to Motherhood. It identifies some common themes, challenges and struggles within the demands of new parenting. Throughout this amazing season each mum has different experiences, circumstances, opinions and coping mechanisms. This dynamic book helps the new mum to adjust and embrace the most memorable time of life and gives her a fresh perspective and focus within 5 minutes a day.

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