

Easy Does It, Mom: Parenting In Recovery - Barbara Joy

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Every mom wants to succeed. Every child also wants to succeed. In Easy Does It Mom, Barbara Joy provides moms with positive encouragement, knowledge, and tools they can begin using immediately as they continue their recovery and move toward being the best moms they can be. Joy relies on experts with degrees and experts with mom behind their name. For more than ten years, Barbara Joy has worked with moms in recovery from alcoholism and other addictions. She knows what works. Plus she includes real-life stories and strategies from the moms and children she works with. The reader is guided by a professional and encouraged and inspired by moms who have been there, done that. Because moms in recovery feel more safe and secure in a familiar and consistent environment, each chapter begins with an encouraging saying and ends with a writing activity plus between four to eight clear and concise keys are presented in the chapter an at-a-glance tools reference section. For moms in recovery, Barbara says, Other than your recovery, I believe that parenting is the most important job youll ever do. It may also very well be the hardest job youll ever do. And, for sure, the most rewarding!Author: Joy, Barbara Publisher: Conari Press Illustration: N Language: ENG Title: Easy Does It, Mom: Parenting in Recovery Pages: 00192 (Encrypted EPUB) On Sale: 2009-05-01 SKU-13/ISBN: 9781573244121 Category: Family & Relationships : Parenting - General Category: Self-Help : Twelve-Step Programs Category: Self-Help : Substance Abuse & Addictions - General

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