

# The Honest Mum Guide to Surviving and Thriving at Work and at Home

By [Author's Name]

Are you a working mother who feels like you're constantly running on empty? Do you feel guilty for not spending enough time with your children? Do you wish you could have a more fulfilling career without sacrificing your family life?



## The Working Mom: The Honest Mum's Guide to Surviving and Thriving at Work and at Home

by Vicki Broadbent

★★★★★ 5 out of 5

Language : English  
File size : 1026 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 222 pages



If so, then this book is for you. *The Honest Mum Guide to Surviving and Thriving at Work and at Home* is a practical and inspiring guide for working mothers who want to have it all without sacrificing their sanity or their children.

In this book, you'll learn how to:

- Manage your time effectively and get more done in less time
- Set boundaries and priorities to protect your time and energy
- Delegate tasks and ask for help when you need it
- Negotiate flexible work arrangements with your employer
- Find childcare that meets your needs and budget
- Take care of yourself physically, emotionally, and mentally
- Build a support system of family, friends, and colleagues

*The Honest Mum Guide to Surviving and Thriving at Work and at Home* is full of practical tips, strategies, and advice that will help you create a more balanced and fulfilling life.

If you're ready to stop feeling stressed and overwhelmed and start living the life you want, then Free Download your copy of *The Honest Mum Guide to Surviving and Thriving at Work and at Home* today.

**What people are saying about *The Honest Mum Guide to Surviving and Thriving at Work and at Home*:**



***“ "This book is a lifesaver! I'm a working mother of two young children, and I was constantly feeling like I was failing at both work and at home. But after reading this book, I've learned how to manage my time better, set boundaries, and ask for help. Now I'm able to have a more fulfilling career and still be a present and loving mother." - [Mom's Name] ”***

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***"This book is a must-read for any working mother. It's full of practical advice and strategies that will help you create a more balanced and fulfilling life." - [Expert's Name] "***

Free Download your copy of *The Honest Mum Guide to Surviving and Thriving at Work and at Home* today and start living the life you want!



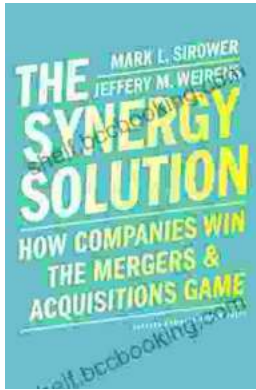
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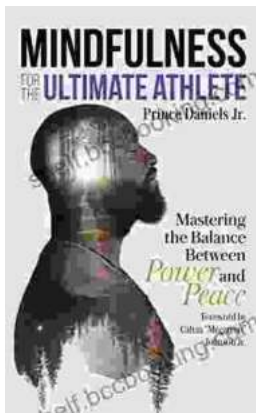
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