



# **Minding Mum - It's Time to Take Care of You: A New Mum's Guide to Feeling Great, Inside and Out**

*Alison Canavan*

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Mums are well prepared for pregnancy and birth but when baby arrives, nearly all tend to neglect themselves to focus on their precious new bundle. *Minding Mum* is a simple yet revolutionary concept – mums need to focus on themselves as well as their children.

Wellness expert Alison Canavan shares the tips and tricks she's picked up on her journey through new motherhood and post-natal depression. She looks at the reality of a post-birth body and how it affects our own body image, as well as the importance of good food, exercise and making time for yourself and your own dreams, big or small.

You'll learn how to enjoy your children more, worry less and build your confidence as a new mum, so you can create a happy, balanced life for you and your family. *Minding Mum* is a thoughtful and valuable book for mums to treasure.

*'If you're not taking care of yourself you're not going to be much use to your child. It's about time a book like this came along.'* Kate Thornton

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