

Access Free The Unmumsy Mum

The Unmumsy Mum

Whenever the Unmumsy Mum shares a story about life with her two young boys, she is inundated with anecdotes from other mums who have had similar experiences. As she

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herself puts it: 'I have spent many an evening over the past year absolutely howling with laughter at all the comments and messages received via my blog and social media pages. The Facebook page, in

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particular, has become a place for mums and dads to share their hilarious stories about the reality of life with children. I was confident that there would be further undiscovered gems out there - hysterical

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things that children have said, embarrassing things that they have done - so I invited my followers to send their own tales to me. This is a collection of the best of those stories - enjoy!'
This ebook collection is

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released to celebrate publication of The Unmumsy Mum's first book and includes an exclusive preview of The Unmumsy Mum. Anxiety is making motherhood a less pleasant, more fraught and pressured

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experience, and we do not have to accept joy-sapping worry and energy-draining overthinking as part of the motherhood job description. In this book Anna Mathur, psychotherapist and mum of three, explains how to:

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Understand worry and anxiety, why it affects you and what to do about it;
Make your mind a kinder, calmer, happier place to be;
Transform your motherhood experience by addressing your thinking.

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THE PERFECT GIFT FOR MOTHER'S DAY! Look at the front cover of any parenting book and what do you see? Glowing mothers-to-be, or pristine, beautifully-behaved children. But the reality is, your pregnancy

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might be a sweaty, moody rollercoaster, and your children will almost certainly spend the first few years of their lives covered in food, tears and worse. And the experience is no less magical for it. In

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this no-holds-barred collection of essays, prominent women authors, journalists and TV personalities explore the truth about becoming mothers. Covering topics from labour to the

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breastapo, twins to IVF, weaning to post-birth sex, and with writers including Cathy Kelly, Adele Parks, Kathy Lette and Lucy Porter (and many more), Things I Wish I'd Known is a reassuring, moving and often

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hilarious collection that will speak to mothers - and mothers-to-be - everywhere. 'Honest, gutsy and laugh out loud... Do your pelvic floor exercises before reading as you may pee your pants' – Kathy Lette A celebration of

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parenting failures, hilarious confessions, fish fingers and wine! This is a book for anyone who's ever dealt with a poo in the pool, cleaned up a sick in the supermarket, or gone to an important meeting without

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realising there's weetabix stuck to their bum. Because let's be honest – no matter how much we love our kids, or how good we are at parenting, everyone's a Scummy Mummy sometimes. The Unmumsy Mum A-Z – An

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Inexpert Guide to Parenting
How to let go of frazzle and
make time for you

A Novel

Letters on Motherhood
How Dutch Parents Help Their
Kids (and Themselves) by
Doing Less

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The Wild Ride Into
Parenthood

Previously published as Mum
Face. Best described as The
Wrong Knickers for mums, in
this wry, resonant and
darkly funny memoir,
journalist Grace Timothy

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explores motherhood as an issue of identity.

The heartwarming letters from Giovanna to her husband Tom Fletcher, their three sons, and mothers everywhere - from the bestselling author and host of the No. 1

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Happy Mum Happy Baby podcast
'Inspiring, beautiful and
eye opening. Thank you
Giovanna. You've made many
mothers feel like they're
not alone' 5***** Reader
Review 'As heartwarming as
it is moving' Hello! NOW

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WITH FOUR EXCLUSIVE NEW LETTERS _____ With stories parents everywhere can relate to, Giovanna writes beautiful, poignant and deeply heartfelt letters to everyone who has helped her to become the mother she is

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today. To her young sons: Buzz, Buddy and Max. To Tom, and her mum and dad. But also, to herself, her body, and more. And finally, to all of the mums, dads and mums-to-be out there doing the work too. These letters

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cover everything from her fears and hopes to the love and uncertainty of being a mother today. Honest, heartwarming and hilarious, Giovanna's relatable musings on motherhood are both a joy and a comfort, paying

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testament to the power of family. _____

'Fantastically honest, witty and real . . . I laughed and cried!' 5***** Reader Review

'Giovanna is a real one'

Candice Brathwaite,
bestselling author of I Am

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Not Your Baby Mother 'Cried, laughed and could relate to nearly every word' 5*****

Reader Review 'Giovanna is a one of a kind sort of person. She's genuine, talented, and well honestly? I just really like her'

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Rosie Ramsay, bestselling author of *Sh**ged. Married. Annoyed.*

Why Mommy Swears is the much anticipated new novel from Gill Sims, author of the hilarious *Why Mommy Drinks* and online sensation *Peter*

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and Jane.

In an era of mommy blogs, Pinterest, and Facebook, *The Good Mother Myth* dismantles the social media-fed notion of what it means to be a “good mother.” This collection of essays takes a

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realistic look at motherhood and provides a platform for real voices and raw stories, each adding to the narrative of motherhood we don't tend to see in the headlines or on the news. From tales of mind-bending, panic-inducing

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overwhelm to a reflection on using weed instead of wine to deal with the terrible twos, the honesty of the essays creates a community of mothers who refuse to feel like they're in competition with others, or

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with the notion of the ideal mom—they're just trying to find a way to make it work. With a foreword by Christy Turlington Burns and a contributor list that includes Jessica Valenti, Sharon Lerner, Soraya

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Chemaly, Amber Dusick, and many more, this remarkable collection seeks to debunk the myth and offer honest perspectives on what it means to be a mother. the joyful and emotional Sunday Times bestseller from

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the author of THE UNMUMSY
MUM. Adored by readers
Body Happy Kids
Milk, Meltdowns and a
Mediocre Mummy
Drinking Custard
Things I Wish I'd Known
Happy Mum, Happy Baby

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'This is a fab book. Really recommend it!' Mrs Hinch Read this book for an instant pick-me-up. Whether this is your first or fifth baby, The Little Book of Self-Care for New Mums is your handy survival guide to managing the

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emotional and physical rollercoaster of becoming a new mum. Bringing together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions

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you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea and quick stretches to relieve aching muscles, through to easy recipes to nourish your postnatal body and 5-minute fixes to restore your sense of

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humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to feel supported, empowered and understood.

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**SUNDAY TIMES BESTSELLER 'I
just howled. Bloomin' love you'
Giovanna Fletcher 'You're hilarious.
Thank you for making me laugh
every day' Mrs Hinch When does
Mary Effing Poppins arrive? Laura
Belbin survived hitting her thirties**

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(oh, to be wrinkle-free again), anxiety (just), motherhood (two adorable little shits) and the new body that went with it (a left tit that sags slightly more than the right, anyone?). In Knee Deep in Life she gives a fearless and filthy account of

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her transformation from no-responsibilities woman to being in demand 24/7, the heartaches and humiliations, and most importantly, her (definitely-pushed-to-the-limits-but-totally-indestructible) marriage to Steve, the man who helped her to

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hold it together when post-natal depression kicked in. Full of heart and wit - not to mention swearing that would make a sailor blush - this is the beast of a book Laura intends on riding into the hands of those people who doubt themselves every

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single day: the ones who have struggled to accept the way they look; the mums-to-be about to find themselves taking their first step towards parenthood; and the women bossing it like badasses every single day but never getting the credit they

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deserve. You are more than enough. The perfect gift, this book is not a how-to guide. It won't tell you how to get your baby to sleep, how to deal with toddler tantrums, how to be a good parent, a cool parent, or even a renegade parent. It's a book about

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parenting that contains absolutely no useful advice whatsoever. Instead, Hurrah for Gin shares beautifully honest anecdotes and illustrations from the parenting front line that demonstrate it is perfectly possible to love your children with the whole of

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your heart while finding them incredibly irritating at the same time. From pregnancy to starting school, Hurrah for Gin takes you through the exciting, frustrating, infuriating, and wonderful whirlwind of parenthood, offering

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solidarity and a friendly hug after a tough day. Best served with gin. Hundreds of thousands of fans flock to the Part-Time Working Mummy page for its heartfelt posts, honest accounts of complicated family life and its appeal to 'bring parents

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together to support each other through all the sh*t that life throws at us!'. This book channels the amazing spirit of the page, with Rachaele sharing behind-the-scenes experiences that have shaped her own views on parenting and life;

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packed with personal stories and lessons learned, it's about the best, the worst and the ok times in a 'normal' family. As well as tackling subjects like single parenthood, patchwork families, unexpected pregnancy, domestic violence and

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bullying, the book ultimately spreads a message of kindness amidst the chaos and inspires you to change the world for the better - and, of course, a good laugh to see you through the tough times!

The Diary of a Confused Mum

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Practical Ways to Make Your Birth Better

Mummy Needs a Break

Scummy Mummies

How to help children and teens love the skin they're in

Five Minute Mum: Give Me Five

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'Refreshing, heartfelt and humble...a game changer in promoting positive mental health'
Sarah Turner, bestselling author of THE UNMUMSY MUM There's a damaging misconception in society that putting ourselves first is an act

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of selfishness. But self-care is not just a millennial buzzword. Without the restorative power of self-care, how will we ever escape the vicious circle where we're sick and fed-up of feeling sick and fed-up? Self-care is a tool, accessible to us all,

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which helps us to take responsibility for our own happiness - our physical, emotional, psychological and social needs. Jayne Hardy, founder and CEO of The Blurt Foundation, argues that it is the best preventative measure

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available to us to combat overwhelmedness, stress and ill health, in our hectic, modern world. The Self-Care Project is for those who have been feeling off-kilter for a while but have not been able to put the finger on the 'why'. It is a no-

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nonsense, practical journey to help you do just that. It'll walk you through the case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide

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advice on how to chisel out daily space for self-care in a practical, achievable and realistic way.

'Reading this is like a therapy session with a trusted, empathetic friend determined to help you turn things around, minus any irritating

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self-righteousness' The Independent

A hilarious story of the ups and downs of unexpected single motherhood, the perfect laugh-out-loud romance for fans of Why Mummy Drinks, The Unmumsy

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Mum and The Not So Perfect Mum. From the author of How Should a Person Be? (“one of the most talked-about books of the year”—Time Magazine) and the New York Times Bestseller Women in Clothes comes a daring novel

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about whether to have children. In *Motherhood*, Sheila Heti asks what is gained and what is lost when a woman becomes a mother, treating the most consequential decision of early adulthood with the candor, originality, and humor that have

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won Heti international acclaim and made *How Should A Person Be?* required reading for a generation. In her late thirties, when her friends are asking when they will become mothers, the narrator of Heti's intimate and urgent novel considers

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whether she will do so at all. In a narrative spanning several years, casting among the influence of her peers, partner, and her duties to her forbearers, she struggles to make a wise and moral choice. After seeking guidance from

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philosophy, her body, mysticism, and chance, she discovers her answer much closer to home. Motherhood is a courageous, keenly felt, and starkly original novel that will surely spark lively conversations about womanhood,

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parenthood, and about how—and for whom—to live.

She's back! The Unmumsy Mum has put pen to paper (or fingers to the keyboard!) once more to bring you the next instalment of her life as mum to two young boys,

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documenting motherhood exactly as she finds it. Her words have made mums, dads and grandparents everywhere laugh and cry in equal measure. In The Unmumsy Mum Diary Sarah shares with us a year in her life as a mum,

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wife, blogger and bestselling author. With her trademark candour and wit, she documents the good days and the bad days, the giggles and the tantrums. She'll also share poignant, lifechanging moments from her year, such as her older

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son heading off through the school gates for the first time. The Unmumsy Mum Diary is as honest as it is hilarious and a peek into Sarah's innermost thoughts will leave you in no doubt that, on those days when you feel you are not

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quite cut out for the job, you are most definitely not alone.

Hypnobirthing

The Hilarious Highs and Emotional Lows of Motherhood

The Man Who Has It All

The Secret Diary of a New Mum

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(aged 43 1/4)

The Self-Care Project

Motherhood

The perfect pick-me-up for any expectant mum Whether this is your first or fifth baby, The Little Book of Self-Care for Mums-to-Be is your essential handbook for managing

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the joyful chaos of pregnancy. Drawing on decades of experience, doula Beccy Hands and midwife Alexis Stickland share insider tips on keeping yourself comfortable, happy and calm however your pregnancy and birth may unfold. From the best sleeping positions

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and simple recipes for morning sickness to relaxing essential oils and easy home remedies for aches and pains, this book will help you feel supported, empowered and understood. Beautifully illustrated in full-colour, this reassuring guide covers everything you need to

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know, trimester by trimester, so you can enjoy the wonderful journey to motherhood.

'The Unmumsy Mum is hilarious. She says all the things we're scared to share - I love her!' Giovanna Fletcher 'Hilarious, irreverent and searingly candid.' Bella magazine

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THIS IS NOT A PARENTING MANUAL. THIS IS REAL LIFE. The Unmumsy Mum writes candidly about motherhood like it really is: the messy, maddening, hilarious reality, how there is no 'one size fits all' approach and how it is sometimes absolutely fine to not

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know what you are doing. The lessons she's learnt while grappling with two small boys - from birth to teething, 3am night feeds to toddler tantrums, soft play to toilet training - will have you roaring with laughter and taking great comfort in the fact that it's definitely not just you...

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 What readers are saying: *****
'Not just hilarious (although it is definitely that), it was helpful, emotional, and totally honest as usual!' ***** **'Made me feel not alone and had me laughing out loud, and welling up at times, too, for the honesty.'** ***** **'I felt connected to so**

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much in this book ... here's to the imperfect parents!' STEPPING UP, the debut novel from Sarah Turner, AKA The Unmumsy Mum, is available to pre-order now
****THE INSTANT SUNDAY TIMES BESTSELLER**** 'Written with such love and heart. Sarah has done an

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exceptional job of marrying her trademark comedy with deep and raw emotion. I loved it!' GIOVANNA FLETCHER 'A glorious novel about family, grief, changing expectations and, ultimately, love.' The Sun Beth has never stuck at anything. She's quit more jobs and relationships

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than she can remember and she still sleeps in her childhood bedroom. It's not that she hasn't tried to grow up, it's just that so far, the only commitment she's held down is Friday drinks at the village pub. Then, in the space of a morning, her world changes. An

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unspeakable tragedy turns Beth's life upside down, and she finds herself guardian to her teenage niece and toddler nephew, catapulted into an unfamiliar world of bedtime stories, parents' evenings and cuddly elephants. Having never been responsible for

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anyone - or anything - it's not long before she feels seriously out of her depth. What if she's simply not up to the job? With a little help from her best friend Jory (purely platonic, of course ...) and her lovely, lonely next-door neighbour, Albert, Beth is determined that this

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time she's not giving up. It's time to step up. This is a story about digging deep for strength you never knew you had and finding magic in things that were there all along. 'STEPPING UP is a heart-blasting triumph of a novel - wise, witty and wonderfully human.' Isabelle

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Broom, author of A YEAR AND A DAY 'Stop EVERYTHING and read this! Funny, tender and beautifully observed. Loved, loved, LOVED it!' Cathy Bramley, author of THE LEMON TREE CAFE 'A moving and beautifully-told tale of parenthood but not as you know it. I just loved

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it.' Gillian McAllister, author of THAT NIGHT Readers love STEPPING UP! *** 'Simply excellent . . . A true emotional rollercoaster.' ***** 'It had me laughing out loud, on a bus no less, crying and laughing. This book is a tonic! I read it in one go. I was**

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rooting for Beth the whole way through!!' *** 'An emotional rollercoaster to keep you turning the pages. . .Perfect for curling up with; perfect for a bedtime read; perfect for a book group; just perfect.' ***** 'This book needs all the stars! It made me laugh, it made**

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me cry and I just want to start it all over again.' *** 'Funny, heartbreaking and totally relatable, it makes you feel all the feels!' Ideal for early years to KS1 children who are learning at home. Daisy Upton has two little kids. She loves them - but they drive her mad. So,**

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to try and keep her sanity she started to come up with quick, easy games using stuff from around the house. And @FiveMinuteMum was born. In her first book, she has collected 150+ games that take 5 minutes to set up & 5 minutes to tidy up. From pasta posting to

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alphabet knock down, it's a recipe book for guilt free parenting! And as Daisy was a teaching assistant, your little ones will be learning while they play! What could be better? GIVE ME FIVE is the perfect companion for anyone who wants five minutes peace. Also available:

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**Five Minute Mum: Time For School
Five Minute Mum: On the Go "I love
Five Minute Mum. She's managed to
come up with a huge array of
activities for kids that are fun and
educational yet don't require an Art
degree or Diploma in Patience to
execute."Sarah Turner, aka**

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Unmumsy Mum

Part-Time Working Mummy

A Patronizing Parody of Self-Help Books for Women

My adventures into motherhood

Five minute, easy, fun games for busy people to do with little kids

Tired and Tested

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A Patchwork Life

*****THE SUNDAY TIMES**

BESTSELLER*** From bestselling author and massively popular blogger The Unmumsy Mum comes this hilarious, irreverent and searingly candid compendium of parenting experiences. With entries including D

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is for Desperation, F is for Fish Fingers, S is for Supermum and V is for Vagina, it's safe to say this is not your average A-Z. This book won't tell you what sort of parent you should (or shouldn't) be; instead, it offers a refreshingly honest account of what being a mum to three young children

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is really like and the surprising lessons that have been learned along the way. If you feel as though you're not 'measuring up' or are struggling to #cherisheverymoment, Sarah's tales from the thick of it will reassure and resonate with you. Above all, her commitment to telling the truth, the

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whole truth and nothing but the truth will make you laugh out loud and remind you that you are, in fact, doing a great job. What readers are saying: 'For all parents out there, this is a must read.' 'Absolutely hilarious and so true to life. 100% recommend.' 'Makes me smile and

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actually keeps me sane as it is so easy to relate to.' 'It made me laugh (Sleeping through), it made me cry (Xmas) and it made me feel better about the times I think I'm getting it wrong.'

Welcome to the jungle... When you've grown up thinking your twenties are

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all about working hard, playing hard and trying not to get pregnant, life comes at you fast when you go from hump to bump. So you thought adulthood would mean a high-flying career and a luxury lifestyle, but instead have ended up with a Lycra-based wardrobe and a deep fear of

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what lies at the bottom of the ball-pit in soft play? Join comedian Sophie McCartney as she voyages deep into the uncharted territories of mating, birthing, feral offspring, mums overdoing it at the watering hole, and the perilous viper's nest of the school WhatsApp group. With laugh out loud

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humour and eye-watering honesty, Sophie shows how whether you've had a day full of whining or a night full of wine, there's joy to be had in the perfectly imperfect wild ride into parenthood.

We are not born hating our bodies. Make sure your kids never do. No

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parent wants their child to grow up with anything less than wholehearted confidence in themselves. Sadly research shows that children as young as five are saying they need to 'go on a diet' and over half of 11 to 16-year-olds regularly worry about the way they look. Campaigner and

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mum-of-two-girls Molly Forbes is here to help. In Body Happy Kids, Molly draws on her own experience and a range of experts to provide parents with a much-needed antidote to the confusing health advice that bombards us every day. This reassuring and practical guide covers

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everything you need to help your child to care for their body with kindness, including how to approach good nutrition (without falling for diet culture), how to see the reality behind beauty ideals and how social media can be used to support body confidence rather than destroy it.

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With Molly's help, you can arm yourself with the insight and tools to raise resilient children who love the skin they're in.

She's back! The Unmumsy Mum has put pen to paper (or fingers to the keyboard!) once more to bring you the next instalment of her life as

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mum to two young boys, documenting motherhood exactly as she finds it. Her words have made mums, dads and grandparents everywhere laugh and cry in equal measure. In The Unmumsy Mum Diary Sarah shares with us a year in her life as a mum, wife, blogger and

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bestselling author. With her trademark candour and wit, she documents the good days and the bad days, the giggles and the tantrums. She'll also share poignant, life-changing moments from her year, such as her older son heading off through the school gates for the first

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time. The Unmumsy Mum Diary is as honest as it is hilarious and a peek into Sarah's innermost thoughts will leave you in no doubt that, on those days when you feel you are not quite cut out for the job, you are most definitely not alone.

Every Mum's Guide to Worry and

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Anxiety in the First Years

Dispatches from the Seamy

Underbelly of Modern Parenting

A Collection of Your Hysterical Stories

from the Frontline of Parenting

The Little Book of Self-Care for New Mums

Mind Over Mother

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Recipes From a Normal Mum

THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. AS FEATURED ON DRAGONS' DEN. 'Siobhan manages to

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***completely demystify
hypnobirthing, making it
accessible and relevant
to all women and all
births. This book will
be a complete game
changer and I will be***

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recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company

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Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and

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empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into

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the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a

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better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education,

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an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your

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body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather

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than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with

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practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about

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giving birth.

In Recipes from a Normal Mum, Holly Bell transforms the daily chore of cooking for the whole family with her collection of inventive,

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economical and simple recipes. With colour photographs of every dish (in response to the feedback Holly always hears from mums!), this is the must-have book

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for any mum who is short of time but still wants to cook delicious food for her family. Each recipe is written in straightforward steps and made with

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ingredients that you can buy at the supermarket. Split into 8 chapters including The More the Merrier, Dinner for 2 in A Flash, Switch to Baking Mode and Food for

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the Great British Outdoors, Holly has recipes to fit every family occasion. And no longer will you be stumped when you are left with a little-used

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ingredient or an excess amount of a dish as Holly has supplied ideas for using up the surplus, ensuring you waste absolutely nothing. Recipes include

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the Mix It Up Breakfast Muffins, Lemony Salmon Pasta with Courgettes & Peas, Tortilla Traybake and Lemon Button Biscuits. Holly is a real mum cooking in real

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time and 'normal' mums of every variety regularly turn to her blog for advice and fail-safe recipes. Whether it is a speedy recipe for feeding little people,

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cooking for a hungry crowd, baking for children's parties, or conjuring up grown-up weeknight suppers, this is a book to which you can turn no matter what

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aspect of family life you're approaching that day.

From the Twitter account @ManWhoHasItAll, a hilariously unforgiving and eye-opening role

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reversal parody of self-help guides for the working mother. While women have long been bombarded with advice about how to be the perfect mom, keep a

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perfect job, and have glowing skin—all at the same time—men have been left floundering. Can you be a dad and still feel sexy? Can curvy men truly be happy? Can men

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be funny? Finally, The Man Who Has It All!, drawn from the hugely popular satirical Twitter and Facebook accounts, is the first trailblazing guide that

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"empowers" men and shows them how they, too, can have it all! Providing gendered tips for career men and busy working dads on how to juggle fatherhood and still

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*have a career-while
maintaining the perfect
bod-The Man Who Has It
All isn't afraid to
address the big
questions. Within these
pages, learn: What his*

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face shape says about his parenting skills How to express his opinion without coming off as bossy Why staying hydrated will improve his career prospects How

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*he can stop feeling
guilty about everything
How he should prioritize
"me-time" How he can ask
for help Uproarious,
scathing, unsettling,
and revealing, The Man*

Access Free The Unmumsy Mum

Who Has It All seizes the established sexist narratives and double standards women have heard too often in self-help books and magazines, and subverts

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*them with a fiercely
ironic feminist twist by
speaking to an imaginary
male audience –with
hilarious and
revolutionary results.
Work out what kind of*

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birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the

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early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth

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room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book

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shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean.

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Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the

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*voices of real women,
who tell you the truth
about what giving birth
really feels like.
Challenging negativity
and fear of childbirth,
and brimming with*

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everything you need to know about labour, birth, and the early days of parenting, The Positive Birth Book is the must-have birth book for women of the 21st

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century.

A Celebration of Parenting Failures, Hilarious Confessions, Fish Fingers and Wine Redefining Motherhood to Fit Reality

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***The Good Mother Myth
Wife, Mother, Realist...
and why we're already
enough***

***Lost in Motherhood: The
Memoir of a Woman who
Gained a Baby and Lost***

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Her Sh*t

***Women tell the truth
about motherhood***

**Creator of the popular blog
"The Unmumsy Mum," Sarah
Turner offers an uncensored
account of her early years of**

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parenting. Sarah Turner's first few months of parenting were tough. On the darkest of sleep-deprived days, when the baby would not settle and she was irritable and the house was a

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disaster-zone, she wanted to read about someone who felt the same. Someone who would reassure her that she wasn't a total failure. But she found nothing of the sort. She decided then and

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there that she would write something herself. She would document parenthood as she found it. Not how she wanted to find it or how she wanted other people to think that she found it. But how it

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was. Warts and all. Thus, her blog was born. Now with thousands of followers, "The Unmumsy Mum" blog covers everything from "baby-wearing incompetence" to "second child shortcuts."

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Full of candor, humor, and charm, this book—a #1 Sunday Times bestseller—shows us that we can read every parenting manual under the sun, but still have no bloody

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clue—and not having a clue is just fine. The Unmumsy Mum is a winner of the 2017 Family Choice Awards. Stevie's life has changed beyond recognition since having her first baby. She

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loves being a mum, but between the isolation and being vomited on five times a day, she really wishes she had someone to talk to. With husband Ted working hard to keep the family afloat,

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Stevie really doesn't want to burden him with her feelings. Turning to the internet, Stevie starts the anonymous First-Time Mum blog and blasts the rose-tinted glasses of parenthood

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right off her readers. In the real world, Stevie meets the formidable Nelle and gorgeous Will, along with their own little treasures, and starts to realise that being a 'perfect mum' isn't

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everything. But when the secret blog goes viral, Stevie must make some tough choices about who she wants to be, and whether she's ready for the world to know the truth... A perfect laugh-

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out-loud read for fans of The Unmumsy Mum, Gill Sims and Emma Robinson. Praise for Confessions of a First-Time Mum: ‘The story and the writing was hilarious, but the sentiment within it

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**was awfully, wonderfully true' Lilac Mills, author of Love in the City by the Sea 'A light funny and sometimes laugh out loud story!' 5*
Reader review 'A fun, laugh out loud book also with lots**

Access Free The Unmumsy Mum

of tender moments. Perfect for new mums, old mums and no mums! Everyone can enjoy this book! Would definitely recommend!
Stardust Book Reviews 'A fantastic, relatable read for

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anyone who has children of their own. Hell, even if I didn't have a child, I am sure I still would have loved reading about Stevie' The Writing Garnet 'Where the baby wipes was this book

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when my daughter was born?!' The Writing Garnet Fun activities and games to help with letters, numbers and everything in between - the ultimate handbook to support your child through

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their first years of school from bestselling author and social media superstar Daisy Upton AKA Five Minute Mum. Phonics! Number sentences! Reading schemes! School uniforms!

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Getting your child ready to start school and then supporting them in their learning can feel overwhelming, can't it? In Time For School, Daisy will walk you through what is

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really expected from your little ones in their first years at school, and, with her simple to set-up easy, fun five-minute method, help you support them at home without tearing your hair out

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or wanting to bang your head against the kitchen table. Five minutes here and there, with fun and games together, it doesn't have to just be homework - it becomes quality family time.

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Packed full of games and activities designed to help children feel confident and excited about learning, Time For School will support them - and you! - with letters, numbers and everything in

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between.

The world is flooded with baby books, but why is the focus always on the parents? Why don't the babies ever get a say? Subjected to a torrent of swearing as she

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enters the world, followed by an outpouring of guilt that these are the first words she'll have heard, Emily is under no false pretences as to what life as a new-born will be like. This worldly-

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wise, wilful, yet wonderful baby tells it like it is, from her own unique perspective, offering bemused and often withering insights into the panics, stresses and insecurities of her parents

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as they try to guide her, or at the very least keep her alive, through her first year of life. Milk, Meltdowns and a Mediocre Mummy is a fantastically frank and funny book, which will strike a

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chord with any parent, whether you're just learning the ropes, or consider yourself an old hand.

**A New Approach to
Pregnancy, Birth and the
Early Weeks**

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Mum

**Five Minute Mum: School
Ready**

**The Little Book of Self-Care
for Mums-To-Be**

**The hilarious, relatable No.1
Sunday Times bestseller**

Confessions of a First-Time

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Mum

Stepping Up

Whatever your age, becoming a mum for the first time brings excitement, anxiety and numerous challenges... But how do you

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cope when you discover you're old enough to be the mother of everyone in your NCT group? The story of one woman, one baby, a slipped disc and rather too many wrinkles, *The Secret Diary of*

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a New Mum (Aged 43 1/4) follows the tale of a midlife mum as she tries to make the transition from experienced TV producer to utterly inexperienced parent. Whether deftly side-stepping

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questions about age and baby number two, or weeping as younger counterparts ping back into their size ten jeans within thirty seconds of giving birth, Cari approaches the shared

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experiences of an ever-increasing number of mothers with insight, humour and honesty.

Praise for The Secret Diary of a New Mum

'Hilariously candid.' Daily

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Mail 'Brilliantly observed... funny, embarrassing and yet cruelly honest. It feels good to laugh about it, now the stitches are out.' Fay Ripley 'Warm, witty and very, very wise the perfect antidote to

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all those po-faced pregnancy books. As a fellow "Geriatric Mother" I found myself constantly laughing and nodding along in agreement.' Imogen Edwards-Jones

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New Yorker cartoonist Emily Flake relates the hilarious horrors of pregnancy, birth, and early parenting in this funny, poignant, and beautifully illustrated book. For most people, having a

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child doesn't go exactly as planned. Not many are willing to admit that not only did they dislike the early days of parenting, they sometimes hated it. Mama Tried is a relatable collection

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of cartoons and essays pertaining to the good, bad, and (very) ugly parenting experiences we all face. Subjects range from "are you ready for children?" to "baby gear class-warfare." With

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incredible honesty, Flake tackles everything from morning sickness to sleep training, shedding much needed light on the gnarly realities of breastfeeding, child proofing, mommy

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groups, and every unrealistic expectation in between.

Mama Tried will be an indispensable companion for sleepless parents and a fond reminder for those already out of the woods.

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'Warning: so funny, even the strongest pelvic floors will be tested' - Net Mums 'A very funny, honest look at the ups and downs of parenting. I absolutely loved it.' - Emily Dean, host of Walking the

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Dog 'Lucy, a favourite comic of mine, manages to shed new light on something so universal. Her reaction to parenting is ridiculously refreshing and loaded with guilty laugh out loud

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honesty. After the school run, I implore you to pick a page, any page, then realise you're not alone. A gentle funny stroke of parenting genius' - Johnny Vegas 'As a mum of two girls, I was

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nodding, laughing and emotional. I recognised so much of Lucy's journey in my own... I really loved it.'

YolanDa Brown, BBC Loose Ends From TV's award-winning comedy mum, Lucy

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Beaumont, comes her hilarious debut on the trials and tribulations of motherhood. Known for her sharp, witty and surreal view on everyday life, Lucy shares the unpredictable craziness

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of being a mum in this brilliant and laugh-out-loud 'mumoir'. Mums everywhere will recognise the madness of it all. Like when Lucy was hospitalised during her third trimester with chest pains

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but it turned out to be a burrito. Or when she was so tired at the park she forgot her own child's name. Heart-warming and laugh-out-loud funny, Drinking Custard also captures Lucy's marriage to

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comedian Jon Richardson, as they navigate Lucy's raging pregnancy hormones and balk at pram prices together. Get ready to make room on mum's bookshelf for Drinking Custard to sit alongside

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other mum classics such as Why Mummy Drinks, Hurrah For Gin! and The Unmumsy Mum.

Discover how Dutch parents raise The Happiest Kids in the World! Calling all

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stressed-out parents: Relax!
Imagine a place where
young children play
unsupervised, don't do
homework, have few
scheduled "activities" . . .
and rank **#1** worldwide in

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happiness and education. It's not a fantasy—it's the Netherlands! Rina Mae Acosta and Michele Hutchison—an American and a Brit, both married to Dutchmen and raising their

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kids in the Netherlands—report back on what makes Dutch kids so happy and well adjusted. Is it that dads take workdays off to help out? Chocolate sprinkles for breakfast?

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Bicycling everywhere?
Whatever the secret, entire Dutch families reap the benefits, from babies (who sleep 15 hours a day) to parents (who enjoy a work-life balance most Americans

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only dream of). As Acosta and Hutchison borrow ever-more wisdom from their Dutch neighbors, this much becomes clear: Sometimes the best thing we can do as parents is . . . less!

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The Unmumsy Mums
Why Mommy Swears
Everything's Perfect
The Unmumsy Mum
The Positive Birth Book
A Heartwarming Momcom
This is not a parenting

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manual. This is real life. The Unmumsy Mum writes candidly about motherhood like it really is: the messy, maddening, hilarious reality, how there is no 'one size fits

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all' approach and how it is sometimes absolutely fine to not know what you are doing. The lessons she's learnt while grappling with two small boys - from birth to

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teething, 3am night feeds to toddler tantrums, soft play to toilet training - will have you roaring with laughter and taking great comfort in the fact that it's definitely not just

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you...

*Sunday Times Number One
Bestseller Happy Mum Happy
Baby is now a Number One
podcast. A positive and
uplifting book about what
it is to be a mother and*

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*all things mum and baby by
Celebrity Mum of the Year
and phenomenally popular
vlogger, author, TV
presenter and actress
Giovanna Fletcher. Being a
mum is an incredible*

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journey, a remarkable experience that changes how we look, how we feel, who we are. As mothers we are strong, protective, proud. We feel a love like no other. But being a

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parent can be hard too. It challenges us physically, mentally, emotionally. There are the days where just managing to fit a shower in amidst the endless feeding,

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entertaining young children and surviving on a lack of sleep feels like an achievement. With so many people ready to offer 'advice' on the best way to parent, it can feel

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like you are getting it all wrong. Since Giovanna and her husband Tom Fletcher have had their sons Buzz and Buddy, they have been sharing glimpses of their family life. With

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an infectious positive outlook and happy take on all things mum-related, Giovanna has developed a following of fellow parents and mums-to-be. This is not a book about

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how to have the perfect family experience - Gi would be the first to admit she is winging it just as much as the rest of us - instead it is an honest, upbeat and

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incredibly personal account of her own experience of having a family. In Happy Mum, Happy Baby Giovanna shares her own journey through parenthood and in doing

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so, she looks at what it is to be a mother today, encourages you to be confident in yourself as a parent and celebrates how putting a focus on being a happy and confident mum

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can really make for a happy baby.

The Unmumsy Mum Diary is as honest as it is hilarious and a peek into the innermost thoughts of the nation's favourite mum

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blogger will leave you in no doubt that, on those days when you feel you are not quite cut out for the job, you are most definitely not alone. In The Unmumsy Mum Diary

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Sarah shares with us a year in her life as a mum, wife, blogger and bestselling author. With her trademark candour and wit, she documents the good days and the bad

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days, the giggles and the tantrums. She'll also share poignant, life-changing moments from her year, such as her older son heading off through the school gates for the

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first time.

Cassie is a famous Instagram mum whose apparently perfect life is falling apart. Beth is an anxious new mother who is desperate to stay offline.

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Can their friendship survive in the glare of social media?

Hurrah for Gin

The Happiest Kids in the World

The Unmumsy Mum Diary

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Mama Tried

*The heartwarming and
inspiring collection of
letters perfect for
Mother's Day
Knee Deep in Life*