



7 Ways a Baby Will Change Your Li]fe

Bettie B. Youngs Youngs

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Being a parent is a powerful experience, but often we don't anticipate the many ways it will change us. Expectant and new parents will find this book helpful because it examines the very real effects children exert on a parent's sense of "self," concept of love, and personal and work goals, your family relationships and friendships, and, explores the basis of the deep satisfaction we derive from being a parent-as well as areas that create stress. Realistic in the ways that life is changed post-baby, this book offers practical advice and sensitive know-how to help you thrive as you find solutions to tackle the challenges that prove that being a parent is the epitome of life experiences. It's the "what to expect" manual that's real and honest . . . and helpful and hopeful.

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