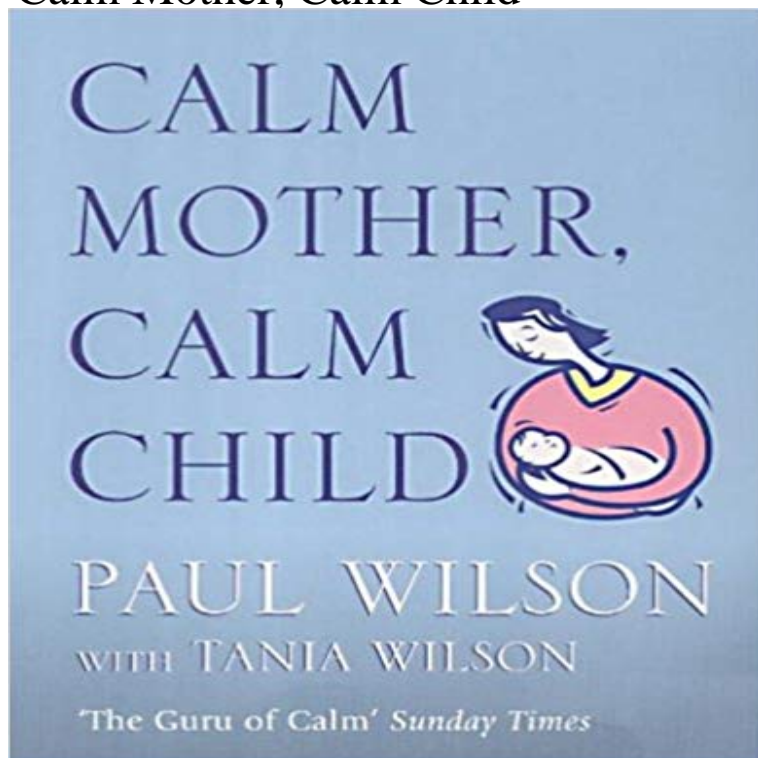


## Calm Mother, Calm Child



This title presents the relaxed approach to making the most of motherhood. Parenthood can be one of life's greatest joys but can also create tensions and stress. Now Paul Wilson, bestselling author of *Instant Calm*, presents an array of calming approaches to help parents and their babies get more enjoyment and satisfaction from this extraordinary phase of life including: settling a newborn for a calm night's sleep; dealing effectively with toddler tantrums; and finding time for yourself. *Calm Mother, Calm Child* does more than help to deal with the stresses of parenthood - it shows how to make it a time of calm and pleasure.

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