



How To Be A Zen Mama: 13 Ways To Let Go, Stop Worrying and Be Closer to Your Kids

Betsy McKee Henry

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Parenting can be the cause of so many emotions like worry, anger and disappointment. These emotions are habit forming and put a wedge in your relationship with your children. How To Be A Zen Mama gives you helpful hints about how to stop worrying and let go; and by letting go, you become closer to your kids. Study with the Zen Mama Master and learn to let go!

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