



# Self Help For Mums

How to be a happy Mum

## **I can tell you the answers to getting rid of Motherhood Stress! Do you want to know what they are?**

I have a close friend who is what I call a 'born mum'. You know exactly the kind of mum I'm talking about. She's calm, rational, smiles a lot, seems to handle challenges with a grain of salt and generally seems to float through her day with barely a grunt or a groan. She often has about 4 or 5 kids, maybe more and somehow she seems to be able to give them all adequate attention and an abundance of patience and kindness.

You probably have that person in mind already, don't you?

Picture this person in your mind, going through her day and being this wonderful mother, raising her happy kids with high self-esteem because of her calm and loving manner.

Now compare her to your abilities as a mum. How do you feel now?

Do you look at her with envy or jealousy?  
Has the green eyed monster come out to play?  
Has she turned on you?

Does she say to you:

*"Why can't you be more like her?"*  
*"Why aren't you speaking to your child that way?"*  
*"Why don't you handle tantrums in this manner?"*  
*"What's wrong with you? You must be doing it all wrong."*  
*"You're not as good a mother as you should be."*

What are the words she's saying to you? Become aware of what your thoughts are right now. These thoughts will be vital to unlocking the secrets of a happy mum!

Now that this monster has unleashed itself within you, up comes the guilt and the sadness. Now you feel like your child is missing out on the love that he/she needs. Now you conclude that no longer are you doing the very best job you could be as a mum.

How do you feel about yourself right now while you're thinking like this? I bet you are no longer (if you were at all)... feeling like a happy mum. Compare yourself to this 'born mother' one last time and rate how you feel about yourself between 1 and 10.

Personally, I know this feeling you have right now. I've been there...many times. That's why I came up with the answers you are looking for. I searched high and low for information to help me out of that place but no one could help me.

Just what was the secret that these 'born mums' had that clearly I did not possess? What were they doing that I wasn't?

So are you ready for the answer?

Just a few seconds ago, I asked you to think about your biggest source of frustration right now. I also asked you to think about the 'born mum' you know in your life and how your mothering capabilities compared to this woman. Then I asked you how you felt and what you were thinking about yourself?

Do you recall those thoughts that were going on in your head? Do you remember how those thoughts made you feel?

Now Imagine what it would be like if you could feel differently about yourself just by changing this conversation in your mind.

Try this out: close your eyes, relax and repeat these statements:

- I am a great mum just the way I am
- I am always doing the best I can
- I am teaching my kids all that I know
- I am forever learning new ways to be a mum
- Every challenge is just another experience to learn from
- I am grateful for the experience of being a mum
- It's okay that I don't know everything
- It's okay to love myself just the way I am

Read these statements again 3 more times and as your brain starts to respond to this new information, I'm wondering if you have already begun to notice that you already feel just a little bit better yourself. How would you rate yourself now? Has it changed?

What you have just experienced, is the secret to being a happy mum.

That is: What you are *thinking*!!

That 'born mum' is no one special. She has experienced just as many challenges as a mum as you have. The only thing that separates her from you, is how she *thinks* about these challenges.

What's more, you have the power to change the way you think about motherhood and at last there is a book to tell you exactly how

*[The Happy Mum Handbook](#) is a must read for all mums!*

**5 simple steps** is all you'll need to remember to empower you to change your thinking about motherhood and your whole life!

Never before has there been a book that gives mums the tools to manage her own emotions during this turbulent time of raising young children.

Never before has there been a book that shows you how to love yourself, accept the many challenges that motherhood brings and help you understand that the way you are is exactly how you are supposed to be.

And finally, and if this is not the most crucial reason for buying this book.....

Never has there been a book that will show you exactly how to teach your kids the real secret to success and happiness by teaching it to you first, so you can pass it onto them and help to reinforce these invaluable tools for life!

*[The Happy Mum Handbook](#) is available for pre-purchase now by [clicking here](#).*

Containing the exclusive method taught by the Anti-Depression Association of Australia and combined with my very own research and insights gained from having my own young children, this book provides invaluable knowledge needed for every mum to enjoy their journey through motherhood.

I have developed a 5-step easy-to-remember strategy that allows you to:

- Avoid Stress, Depression & Anxiety
- Personally cope with ALL behavioural and developmental challenges
- Become confident that you're ALWAYS being the best mum that you can be
- Make yourself a priority and give yourself some much needed Time Out
- Stop your Guilt!
- Stop your Anger!
- Stop the Self-Criticism!
- Create the marital relationship you desire
- Reclaim (or redesign) your personal identity

Remember, you do all this with just 5 simple steps!!

So before I finish this page and you click below to pre-order this book, let me just give you a quick recap of what's included in this book:

- Comprehensive information about how to handle the emotions you feel as a mum
- How to retrain your mind to think like the 'born mum'
- Empower yourself to enjoy motherhood and your life
- Everything you need to know in order to concur motherhood stress.
- The ability to teach your children a realistic and beautiful way to love themselves and love their lives too through their first hand experience of you.

[The Happy Mum Handbook](#) is book is due to be released on 1st September, but can be pre-ordered now! I'm sure by now you will have guessed that there is no other book like this out there. So because of this very reason it is already in high demand. Why not [pre-order it now](#) so you don't miss out on the first copies ever!

[Pre-order now](#) and you won't be charged a cent until the day your book is despatched. We'll simply take your details and secure your exclusive copy ready to be delivered hot off the press.

Furthermore, if you [pre-order your book](#) today, you will receive \$5 off the original \$29.95 price, meaning you will receive the book for only \$24.95 plus postage.

So Hurry as the quantities are already running out!

Oh, and one more thing. When you get your copy of your book, if you are not 100% satisfied with what you are reading and I haven't been able to help you - then simply return your copy and I will give you a full refund of the book, no questions asked.

I wrote this book to help mums so that they didn't have to feel some of the stress, depression and anxiety that I did before discovering this life changing information. If I've been unable to help you, then I don't want your money and will gladly refund it.

**Now, before you make your decision, ask yourself this one, last critical question:**

**How many times am I going to feel frustrated, irritable, angry, guilty or defeated, before I finally allow myself to learn the secret to turning all that around and living a more empowering and happy life?**

**[Click here to pre-order your copy of The Happy Mum Handbook now!!](#)**