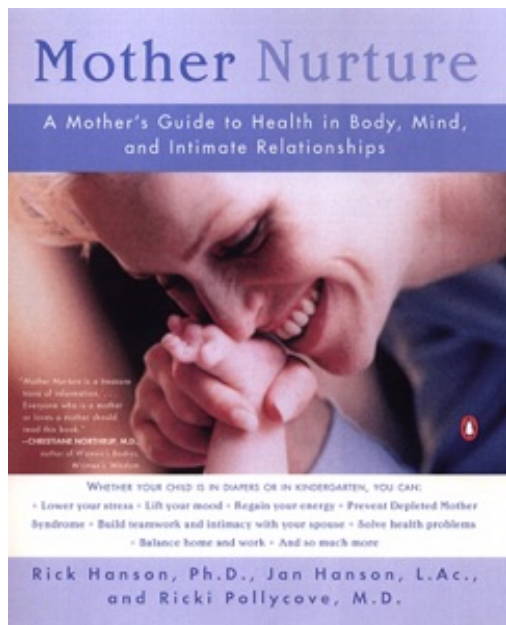


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severely that she experiences the Depleted Mother Syndrome (DMS) that affects at least one mother in ten. Covering everything from stress relief in the middle of a crazy day to getting more sleep, eating better, balancing home and work, sharing the load fairly, and keeping a strong love alive with her partner, Mother Nurture is the first book to present a comprehensive program that helps a mom take care of herself while she takes care of her family.

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