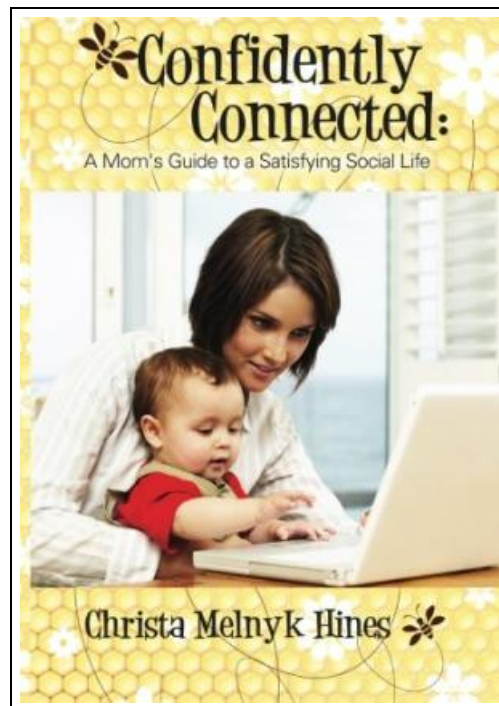


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(Amanda Larkin)

CONFIDENTLY CONNECTED: A MOM S GUIDE TO A SATISFYING SOCIAL LIFE (PAPERBACK)



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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Research shows that strong social networks and family connections can help us live longer, healthier and happier lives. Social bonding among women boosts oxytocin levels, a natural hormone that combats stress, anxiety and depression. Even a couple of hours spent with friends can provide emotional nourishment, reducing your stress and lifting your spirits. As a result, you ll return home a happier, more effective parent with increased energy and enthusiasm. If you feel alone and isolated, Confidently Connected will gently guide you back out into the world. You ll learn how to breathe new life into your network and regain your footing with a sense of purpose and support. This book will also help you prioritize, develop boundaries and create a social network that complements rather than controls your life. Whether you are a new or seasoned mom--working, staying home or somewhere in between--this book will show you how to: *Find a parenting group that matches your needs, parenting philosophy and personality. *Connect and converse with confidence. *Empower yourself to contend with draining relationships and mommy cliques. *Use social media to tap new friendships and enhance old ones. *Learn creative, practical ways to form a group of fun, supportive mom friends.



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