

Real Happy Mom

author: Toni-Ann Mayembe DDS

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Synopsis

author	Toni-Ann DDS	Mayembe
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Hey there, mom! Are you juggling all the things in motherhood from managing your time, getting healthy meals on the table, to being a present wife all while making yourself a priority without feeling guilty? I get it! It's overwhelming... and guess what? The fact that you need support... doesn't make you a bad mom! That's why I created the Real Happy Mom Podcast. The Real Happy Mom Podcast is a weekly show for busy working moms juggling it all. Each week, I'm bringing you inspirational stories from real-life moms as well as interviews with leading experts in various fields to encourage you on your motherhood journey and help you live an authentic life. In this podcast we will not only navigate motherhood by talking about time management, gentle parenting and self-care. But we will also go deep into topics you may have been afraid to explore, like intimacy with your spouse, communication with your kids, health, wellness and frustrations that come through inner confidence as a mom and wife. Mom life is beautiful and fun, but it's also challenging and messy at times. Motherhood is the one job that we don't get proper training or an instruction manual when we come home with our new baby. Every day is on the job training. I'm here to help you navigate motherhood that's true to you so that you can be a real happy mom. Welcome to the Real Happy Mom Podcast, mom friend! You are in the right place. Learn -- www.realhappymom.com | Be a Guest- www.realhappymom.com/guest

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