

**MOTHER NURTURE: A MOTHERS GUIDE TO HEALTH IN
BODY, MIND, AND INTIMATE RELATIONSHIPS**

Ann Juran

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While parenthood can be tough on both parents, it is often tougher on the mother, and the cumulative effect of stress creates physical, and psychological depletion. Parenting is a lot of work! It is more important to be civil to each other than to agree. Trisha Puls rated it really liked it Aug 30, Rachel is currently reading it Jun 24, Low Carbs for Mothers. Mothers are often caring for the father, the children and their family life. You can contact her at janhealth comcast. A New Folder.