

Parenting in Recovery: A Journey of Strength and Hope

Easy Does It Mom: A Must-Read for Parents in Recovery

Parenting is a challenging job, but it can be especially difficult for parents who are in recovery from addiction. The challenges of parenting can trigger old wounds and tempt you to relapse. But it is possible to be a successful parent in recovery. With the right support and strategies, you can build a strong and healthy family.



Easy Does It, Mom: Parenting in Recovery by Barbara Joy

★★★★☆ 4.5 out of 5

Language	: English
File size	: 902 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 227 pages
Lending	: Enabled



Easy Does It Mom: Parenting in Recovery is a must-read for any parent in recovery who is looking to build a strong and healthy family. This book offers practical advice, inspiring stories, and a wealth of resources to help you navigate the challenges of parenting while in recovery.

What You'll Learn from Easy Does It Mom

- How to create a safe and supportive home environment for your children
- How to communicate with your children about your recovery
- How to set boundaries and limits for your children
- How to manage your triggers and prevent relapse
- How to find support from other parents in recovery

Easy Does It Mom Is a Source of Hope and Strength

Easy Does It Mom is more than just a parenting book. It is a source of hope and strength for parents in recovery. This book shows that it is possible to be a successful parent in recovery. With the right support and strategies, you can build a strong and healthy family.

Free Download Your Copy of Easy Does It Mom Today

Easy Does It Mom: Parenting in Recovery is available now. Free Download your copy today and start your journey to building a strong and healthy family.

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About the Author

Author bio.

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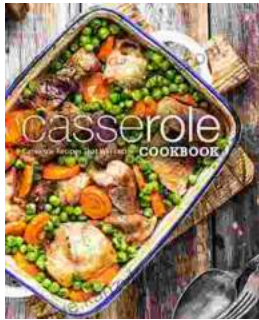
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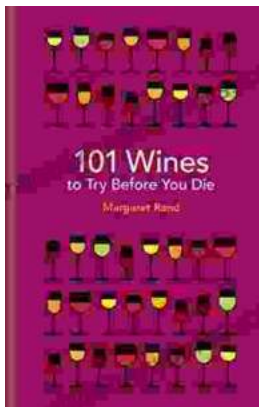
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