



Peeling Mom Off the Ceiling: Reclaiming Your Life from Your Kids (Paperback)

By Leslie Irish Evans

Poppybank Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Dope Slap of Solace For the World's Worst Mother Are you certain you're screwing your kids up? Are you sleep deprived, irritable and even a tad self-loathing? With her witty, irreverent sense of humor, Leslie Irish Evans offers relief for tired, stressed out, mood-swinging moms everywhere. Peeling Mom Off the Ceiling is a lighthearted, irreverent guide to practical self-care and stress moderation. It unflinchingly prods at motherhood stereotypes and reveals what real mothers look like. Permission to be a human being . Like the good friend who calls you on your crap, this book will dissolve your drama queen delusions with a healthy dose of Reality Check. Get over yourself and ditch the guilt. Preserve, protect and defend your sleep. Get touched and make room for spirit. These are just some of the universal lessons inside. Too busy for books? No dice. Get the scoop with quick chapter synopses for moms who can't even find the time to pee in private, let alone read an entire chapter. Are you ready to ditch the guilt, perfectionism and anxiety?...



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