

# The Happy Mum Handbook

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the happy mum handbook is the new bible for mothers. the book that every mother should have as she navigates through the challenges of motherhood.

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*Fri, 07 Sep 2012 23:53:00 GMT*

comments about the happy mum handbook: for anybody who is exasperated, baffled and exhausted by parenting as i am the happy mum handbook is not as "cheesy" as it sounds.

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hi my name is jackie hall and i am the author of the happy mum handbook and the creator of multiple products that help mums overcome motherhood stress, postnatal ...

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*Thu, 11 May 2017 03:59:00 GMT*

hi everyone. this is just a quick blog to get some feedback from some mums out there. i have had a couple of requests for an audio version of the happy mum handbook.

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