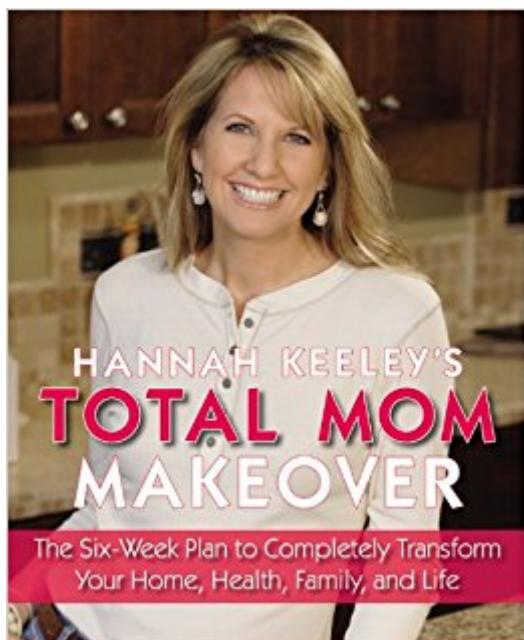


The book was found

Hannah Keeley's Total Mom Makeover: The Six-Week Plan To Completely Transform Your Home, Health, Family, And Life



Synopsis

With all of the demands made on moms these days, it's no wonder they can end up overwhelmed, disorganized, unhealthy, and empty. Enter Hannah Keeley to the rescue! Keeley--founder of TotalMom.com, author, speaker, television personality, life coach, and full-time homeschooling mother of seven--knows of what she speaks. By following her simple and inspiring program, Keeley promises in just six weeks mothers everywhere can:- look better and sexier than ever- create beautiful, clean, clutter-free homes- build great relationships with their husbands and kids- cook healthy meals for their families- control chaos, fear, and worry in their lives- and much more. With advice and tips on everything from housecleaning to personal growth, HANNAH KEELEY'S TOTAL MOM MAKEOVER is a must-have for any mother ready to reinvent herself and her family and to live life to the fullest.

Book Information

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Customer Reviews

When I first received this book, I read the book quickly without taking the time to get a notebook and complete the daily exercises. When I finished the book, I grabbed a notebook and started back through each chapter. Hannah's advice hit right on target in many areas of my life. Hannah understands the chaos and emotions involved with motherhood. She offers avenues for mothers to take back control of their life. In a world where everyone is selling external fixes to problems, it's nice to read a book that focuses on the internal you.

My son is almost three and I have been in a mommy slump for about 2 years! I struggled with giving

up a career to stay at home and have always been challenged with making friends. The book is formatted to take you step by step through things that will make your home more organized, you more confident and making things routine rather than a struggle. The daily reading combined with the journal exercises is excellent - keeps you focused. I think doing the book as a daily thing may be a bit overwhelming. I often took one or two days in between just to focus on fully implementing the daily task.

I love love love this book! I had been feeling like my children were out of control along with my house, and I was looking for a parenting book. A family member of mine recommended this book so I immediately bought it thinking I would probably have to buy a disciplining book to go along with it because of course the problem was not just me. Ha! This book helped me completely change my perspective. My daughter had been throwing the biggest tantrums over every little thing. This book helped me realize that the main problem was how I was handling her tantrums. I was just adding fuel to the fire. It made me realize the mom I want to be and how to get to it. Still working on it, but this book was a great help!P.S. Do not go to the website she recommends in her book as it is no longer hers (porn site).

Hannah Keeley is my hero! This book has helped me get back on track and in control of my crazy life with two sets of twins. Hannah is smart, funny, and well educated. She has a unique perspective and gives you the tools you need to make a difference in your life today. Buy the book.

This book was exactly what I needed I'm an at home mom of a 1& 3 year old and have been trying for 3 years to keep my life balanced on a regular basis but only have done that in waves. Until now. Since I quit my job as a 2nd grade teacher to become a full time homemaker, I've never been so driven and motivated. I'm better in so many areas and I'm only at week four in the book. I spend 1/2 hour every day doing the exercises and taking notes. I love that time I spend. I can't wait to get up and read the next day. I recommend it to every mom I know because it has helped my life so much. Hannah is funny and organized the book so well. I love the sequence of chapters, exercises, reminders, and her writing style. It's very easy to read. I want to tell more...but my baby needs me. Any mom could use the information found in this book!WOW! If anyone wants to ask me about it, just e-mail me at Morjulie@gmail.com :)Julie Morris (Patrick Morris is my husband)

This is a great book with great ideas. It really does work for a full-time working mother, as well as a

stay at home working mom. Even if you only utilize a handful of her ideas it is worth it.

Hannah is so down-to-earth and inspiring in this book. I bought it a few years ago, and still refer back to it when I need a pick-me-up! I'm a new mom again to my second child and this is one of those times that I need some guidance to get things back on track a bit. Hannah gives you specific tasks that get you there! Love this book!!

I would recommend this book to any mom! I have been looking for a book like this for a long time. At first it may seem like she is telling you that you should be able to do it all, but give the book a chance anyway. You will then see that she isn't telling you that at all. She is telling you to give yourself a break. And then giving you some help with some ideas to make your life run smoothly. It has helped open my eyes to a lot of things I was missing in life. I just finished reading it and I am going to read it again. Love this book and its message! Family first!

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