

## THE MOTHER S BOOK OF WELL BEING BRANER LISA GROEN%0A

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Lisa Groen Braner (Author of The Mother's Book of Well-Being)

Lisa Groen Braner is the author of The Mother's Book of Well-Being (4.33 avg rating, 6 ratings, 2 reviews, published 2003)

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The Mothers Book of Well-Being begins and ends with the premise that the better you can take care of yourself during your babys first year, the better caregiver and mother you

can be. From one mother to another, Lisa Groen Braner offers 52 essays, one per week, about different ways mothers can learn to take time for themselves.

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