

Download Me Before Mom Putting Your Oxygen Mask On First

Subversive Self-Care: The problem with the Oxygen Mask analogy, and the right to retreat. Did your mother model self-care for you? Most of our mothers never practice self-care, so we don't see it as an option until much later than is good for us. See what our clients have to say about us! Your mom is in poor health and you spend extra time at her apartment taking care of her. While getting her out of bed and into her chair one day, she thanks you for all your help. Putting yourself first is not selfish, it's essential and has to be your TOP priority if you hope to be successful as a work at home mom or dad., Me Before Mom Putting Your Oxygen Mask On First.

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