



# Mama Tricks: Wrapping Your Head Around Motherhood

*Carol Kaufmann*

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## **Mama Tricks: Wrapping Your Head Around Motherhood** Carol Kaufmann

MAMA TRICKS is for all the moms (and dads) who are having a hard time adjusting to parenthood. The 15 humorous essays are ideal for anyone who have ever felt as if they're navigating a kid-filled river without a paddle, a life preserver, or even a boat. Writer Carol Kaufmann, has been there, is there, and shares your pain.

MAMA TRICKS began as a column on The Well Mom site, then took on a life of its own. "Wrapping your head around being a mom isn't an overnight process," she says, "and one that shouldn't be attempted by the weak of heart." Knowing a few good tricks—clever ways of looking at parenting—is what you need to embrace your new identity. Carol's funny, sometimes poignant, stories offer advice for dealing with common mommyhood obstacles—mainly, the ones in your head.



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