

Back to Work After Baby How to Plan and Navigate a Mindful Return from Maternity Leave



BOOK DETAILS

- Author : Lori Mihalich-Levin JD
- Pages : 203 Pages
- Publisher : Mindful Return
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BOOK SYNOPSIS

There are books out there on every baby-related topic imaginable. But how about one that helps you plan your return to work, ease your concerns and fears about the transition so you can focus on your baby, introduce you to a community of other returning-to-work mamas, and empower you to make calm and thoughtful choices? *Back to Work After Baby* fills this much-needed gap. Whether you are a brand new mom wondering how this return from maternity leave will go or its your second or third return, *Back to Work After Baby* will inspire you with new ideas on how to approach the return with a healthy mindset, tackle all those logistics, view your leave and return as a leadership opportunity, and commit to staying in community with other working mamas.

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