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Sometimes, motherhood feels *never-ending*. A child is born, chaos ensues, and it seems like life will never return to normal.

In *You Are a F*cking Awesome Mom*, award-winning journalist and Instagram star Leslie Anne Bruce acknowledges that, yes, motherhood is a total mind f*ck-but then she offers the self-empowerment lessons new mothers need to get through the psychic upheaval and emerge stronger than ever. After childbirth, a woman's body, her relationships, and her very sense of self are tested like never before. Bruce encourages readers to look past the sugarcoated truisms about the miracles of child-rearing in order to embrace the *real* joys of motherhood, spit-up stains

and all.

Loaded with unfettered support from a mom who has been through it all, *You Are a F*cking Awesome Mom* offers a lifeline of encouragement, inspiration, and community for the new mama who got a baby, lost her mind, and desperately wants to find herself again.

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