

# Descargar Libro En Línea PDF Epub Mobi Español Una Madre Molona - Isabel Cuesta



**Descargar libro en línea PDF epub mobi Español Una madre molona Isabel Cuesta , Créetelo: itú también eres una madre molona!**

En esta época llena de cambios y de prisas locas, muchas mujeres viven la maternidad sintiéndose agobiadas, ahogadas, estresadas. Y no es para menos cuando el tiempo no sobra y las críticas no faltan.

Isabel Cuesta -la creadora del blog *Una madre molona*- está convencida de que esto puede cambiar y de que es posible vivir esta etapa con alegría, optimismo y humor. Para ello, basándose en su propia experiencia como madre de tres niños pequeños, aborda todo el recorrido desde que se sabe que un bebé está en camino, pasando por el embarazo, las hormonas, el paritorio, el temido posparto, los primeros meses, la falta de sueño, los celos, la lactancia... hasta la disciplina positiva, que ha marcado un antes y un después a la hora de gestionar rabietas, conflictos y las dificultades del día a día.

Un libro repleto de consejos prácticos y, sobre todo, con mucho humor, ya que «si de esto nos reiremos el día de mañana, ¿por qué no empezar ahora?».

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