

Mumboss The Honest Mums Guide To Surviving And Thriving At Work And At Home

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This isn't a guide that teaches you to be like 'Honest Mum' it's a guide that inspires you to carve out your own unique online identity and forge out your own career that is exactly that - your own.

Mumboss: The Honest Mum's Guide to Surviving and Thriving ...

Mumboss: The Honest Mum's Guide to Surviving and Thriving at Work and at Home Audible Audiobook – Unabridged Vicki Psarias (Author, Narrator), Little, Brown Book Group (Publisher) 4.8 out of 5 stars 162 ratings

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Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a ...

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Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 3 million.

Mumboss: The Honest Mum's Guide to Surviving and Thriving ...

Mumboss The Honest Mums Guide To Surviving And Thriving At Work And At Home TEXT #1 : Introduction Mumboss The Honest Mums Guide To Surviving And Thriving At Work And At Home By Ann M. Martin - Jun 28, 2020 # Free eBook Mumboss The Honest Mums Guide To Surviving And

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My bestselling book MUMBOSS was released in the UK on May 3rd 2018 with a 2nd UK edition out in August. My guide to surviving and thriving at work and at home with a comprehensive how-to starting a blog and social media brand, was listed in the top 10 business books written by women in the Independent, and Marie Claire described it as, 'A must-read for any woman looking to balance a career with motherhood'.

Buy My Book MUMBOSS (UK)/The Working Mom (US ... - Honest Mum

My debut book is my guide to surviving and thriving at work and at home and offers insight into how to create a digital business or return to work with confidence. Mumboss: The Honest Mum's Guide to Surviving and Thriving at Work and at Home (UK 2nd Edition) Available on Amazon or Audible

My Waterstones Windsor MUMBOSS Book Party – Honest Mum

Hi, I'm Vicki Broadbent, a writer, filmmaker, TV broadcaster and mum of two. I often pop up as a parenting expert on the BBC, ITV and Sky News, and here is where I share my life and loves. If you would like to work with me, please email me at vicki@honestmum.com. You can read more about me here.

Honest Mum – Mummy Blog for honest mums and dads everywhere

My debut book MUMBOSS (UK) published by Platkus/Little Brown/Hachette is my guide to surviving and thriving at work and at home, supporting women on their creative journey. It became a number 1 Amazon bestseller on release and was listed in the top 10 business books written by women in the Independent. It can be ordered [HERE](#) in the UK.

About Me – Honest Mum

My debut book is my guide to surviving and thriving at work and at home and offers insight into how to create a digital business or return to work with confidence. Mumboss: The Honest Mum's Guide to Surviving and Thriving at Work and at Home (UK 2nd Edition) Available on Amazon or Audible

A Calming Sleep Spray for Kids – Honest Mum

Mumboss: The Honest Mum's Guide to Surviving and Thriving at Work and at Home (UK 2nd Edition) Available on Amazon or Audible. The Working Mom: Your Guide to Surviving and Thriving at Work and at Home (US/Canada Edition) Available September 8th 2020. Order now on Amazon

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How to Survive and Thrive at Work and at Home by Mumboss: The Honest Mum's Guide to Surviving and Thriving at Work and at Home (UK 2nd Edition) Available on Amazon or Audible

'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In Mumboss, Vicki Psarias, founder of HonestMum.com, shares her #mumboss manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle - all you need is a table and a laptop. Mumboss is full of practical advice, tips and tricks to help fellow #mumbosses navigate both the real and digital worlds. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, Mumboss is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In The Working Mom, Vicki Psarias, founder of HonestMum.com, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. The Working Mom is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, Mumboss is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

How to say no without being an a**hole, from the New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck Are you burnt out from taking on more than you can handle or accepting less than you deserve? Tired of giving in instead of sticking up for yourself? Sick of saying yes all the time? You're gonna love F*CK NO! No is an acceptable answer, and it's time to start using it. Whether you're a People-Pleaser, Overachiever, Pushover, or have serious FOMO, bestselling "anti-guru" Sarah Knight helps you say what you really mean without being really mean—or burning out for fear of missing out. Life is so much better when you say no with confidence—and without guilt, fear, or regret. F*ck No! delivers practical strategies that give you the power to decline, and concrete examples that put the words right into your mouth. You'll discover: The joy of no No-Tips for all occasions How to set boundaries Fill-in-the-blank F*ckNotes The No-and-Switch, the Power No—and how to take no for an answer yourself And much more! Praise for Sarah Knight and the No F*cks Given Guides"Self-help to swear by." --Boston Globe"Genius." --Vogue"Hilarious, irreverent, and no-nonsense." --Bustle

Transform Paper into Thoughtful Cards, Fun Decorations and More with Easy, Mess-Free Crafts Learn just how versatile paper can be when creating fun, colorful crafts. Whether you have plain printer paper, a rainbow array of cardstock or just a few scraps of construction paper, you'll be able to create inventive paper crafts that require only a few materials you already have, making them a thrifty and accessible alternative to more complicated projects. So grab your paper, scissors and glue and try these fun projects: • Origami Corner Bookmarks • Tin Can Pen Pots • Paper Pendants • Lama Cards • Origami Lucky Stars Bracelets • 3-D Paper Accordion Flowers • Kite Birds • Paper Dog Puppet • Confetti Bookmarks • Leaf Wreaths • Quick Ghost Garlands • Polar Bear Ornaments A whole slew of cute, exciting projects makes it easy for you to get your craft on no matter the occasion, and they provide hours of fun all year long. With easy-to-follow step-by-step instructions and plenty of photos to guide you, you can be on your way to creating paper masterpieces in no time.

Jessica Huie went from being a teenage mother, expelled from school and staying in a hostel to having a glittering career in public relations, founding two award-winning businesses and earning an MBE from the Queen. Throughout the course of a career that has spanned more than 20 years, she has worked with some of the world's biggest stars and business people, including Simon Cowell, Samuel L. Jackson, Mariah Carey and Meghan Markle.But there's more to her story than that.In Purpose, Jessica shares the lessons she learned as she went from being an individual who felt purposeless and unhappy, to someone who recognizes her complete power to design and create a successful, meaningful and limitless life built from an authentic foundation. Using the tools Jessica shares, you too will feel empowered to get unstuck, begin making real change in your own life and the lives of others, and live according to your own true PURPOSE.

"Uju Asika has written a necessary book for our times."—Chika Unigwe, author of On Black Sisters' Street You can't avoid it, because it's everywhere. In the looks Black kids get in certain spaces, the manner in which some people speak to them, the stuff that goes over their heads. Stuff that makes them cry even when they don't know why. How do you bring up your kids to be kind and happy when there is so much out there trying to break them down? Bringing Up Race is an important book, for all families whatever their race or ethnicity. It's for everyone who wants to instill a sense of open-minded inclusivity in their kids, and those who want to discuss difference instead of shying away from tough questions. Uju Asika draws on often shocking personal stories of prejudice along with opinions of experts, influencers, and fellow parents to give prescriptive advice in this invaluable guide. Bringing Up Race explores: When children start noticing ethnic differences (hint: much earlier than you think) What to do if your child says something racist (try not to freak out) How to have open, honest, age-appropriate conversations about race How children and parents can handle racial bullying How to recognize and challenge everyday racism, aka microaggressions Bringing Up Race is a call to action for all parents as our society works to combat white supremacy and dismantle the systemic racism that has existed for hundreds of years.

'A wise SatNav for what is often a bewildering, or even scary, zone of parenting. The book offers real-world, road-tested, child-first and family-friendly advice; while also highlighting the twin truths that autism is not a tragedy, and that adaptation and acceptance are not resignation' David Mitchell, bestselling author and co-translator of The Reason I Jump 'A must-read for anyone with an autistic child in their life' Laura James, author of Odd Girl Out The definitive guide for parents of autistic children, written from the perspective of neurodiversity. Written by Jessie Hewitson, an award-winning journalist at The Times, Autism is the book she wishes she had read when her son was first given the diagnosis of autism spectrum disorder. It combines her own experiences with tips from autistic adults, other parents - including author David Mitchell - as well as advice from autism professionals and academics such as Professor Simon Baron-Cohen. Autism looks at the condition as a difference rather than a disorder and includes guidance on: · What to do if you think your child is autistic · How to understand and support your child at school and at home · Mental health and autism · The differences between autistic girls and boys 'Jessie Hewitson has really hit the mark with this book, giving our history, our diversity, our challenges and our hopes. Autistic people and their families are finally represented' Carrie Grant 'Exceptionally useful and informative' Uta Frith, Emeritus Professor of Cognitive Development, UCL

Beyonce said she liked his shirt. Geri drunk dialed him. Madonna sung into his face at Top of the Pops, and P!nk's backing dancers laughed at his hair. Freak Like Me: Confessions of a 90s Pop Groupie reminisces about a time when the music industry was a very different world: an era of CD singles, chart battles, and newfangled reality TV shows. It charts how one fan witnessed the disposable music industry first-hand, with artists forced into the limelight one minute and dropped without warning the next. This hilarious memoir is packed with scandalous gossip and poignant memories from the era of Nokia 3310s and dial-up Internet, when chart positions meant everything and, if you wanted to know what your idols were up to off-screen, you had to track them down yourself!

This isn't a book about overachieving at parenting. This isn't even a book about achieving exactly the right amount. This is a book about doing as little as possible without quite ruining your child. Overachieving parents want you to believe the harder you work, the better your kid will turn out. That lie ends now. The truth is most kids end up remarkably unremarkable no matter what you do, so you might as well achieve mediocrity by the easiest possible route. The goal of "bare minimum parenting" is to turn your child into a functional adult with only a fraction of the effort spent by super moms and dads. If you do it right, your kid will be no better or worse off than their kids, but with more free time left for you. That's more valuable than all the participation trophies in the world. In Bare Minimum Parenting, amateur parenting expert James Breakwell will teach you to stop worrying and embrace your child's destiny as devastatingly average. To get there, you'll have to overcome your kid, other parents, and yourself, all of whom will push you to do more than is absolutely necessary. Honestly, by reading this far, you're already trying too hard. But don't stop now. You're exactly the kind of person who needs this book.

For four years, Hope Virgo fought a gruelling internal battle, keeping her anorexia hidden from friends and family. Having pushed her health to breaking point, and with her skin turning yellow and her heart failing, it became impossible to hide. Barely recognisable, Hope was admitted to a mental health hospital in 2007.Twelve years on, Hope has been in recovery from anorexia for over a decade. But it hasn't always been an easy ride, and after a relapse in 2016 where she was refused help for 'not being thin enough', she knew she needed to raise awareness about the disease that almost took her life.And so, in August 2018, Hope launched the #DumpTheScales campaign, which calls on the government to review their guidance on support for eating disorders. Since then, with relentless campaigning, her petition has gained over 70,000 signatures and counting. Stand Tall, Little Girl is the inspiring account of how Hope fought back from rock bottom, built a healthy life for herself, and used her story to effect real change for others suffering from the same devastating condition.'Hope writes with incredible honesty and openness, her journey is truly inspirational' Jonny Benjamin, MBE.'Both insightful and an inspirational story of recovery. This is a must read book' Dame Kelly Holmes.