



Housework Blues: A Survival Guide- How to Cope with the Mental and Emotional Challenge of Keeping a Home

Danielle Raine

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WARNING: This is not a practical housekeeping guide. There may be the odd tip or useful gem but the main aim of this book is not to teach you how to clean your home. The sole intention is help you cope with the unique psychological challenge of being a modern female with a home to keep. This book is less 'how to' and more 'why bother'. These are strategies to keep you sane. The only stain removal advice will be for the blots on your spirit. Containing quotes, humour and over 75 insights, tips, games and ideas - tailor-made to bring calm and comfort to any woman with a home to keep - Housework Blues is a virtual pick-&-mix goodie bag of housework-survival tactics, helping you cope with the (often unrecognised) mental and emotional challenge of keeping a home. This book is for you if you recognise any of the following housework blues: • Overwhelm • Injustice • Futility • No Energy • Boredom • Superiority • Inferiority • Lack of Motivation

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Often the book Housework Blues: A Survival Guide- How to Cope with the Mental and Emotional Challenge of Keeping a Home will bring you to definitely the new experience of reading a book. The author style to clarify the idea is very unique. Should you try to find new book to learn, this book very acceptable to you. The book Housework Blues: A Survival Guide- How to Cope with the Mental and Emotional Challenge of Keeping a Home is much recommended to you to study. You can also get the e-book from the official web site, so you can easier to read the book.

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