



## Welcome to the Guilt Club: Taming Self-Doubt When Raising Kids

By Slp Michelle Smith MS

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From babyhood on, the guilt never ends. Was I overly harsh with that discipline? Should I really let my children cry themselves to sleep? I m such a loser for needing time to myself. My husband is going to divorce me due to neglect. Have I fed my child anything green in the last six years? I just know my teenager lies because of that one time I dropped her on her head when she was a baby! Mother-in-law guilt is worse than parental guilt! My mother-in-law was judgmental about everything from the bottle I gave to the diaper I changed. She questioned everything I did because we didn t do it that way! --Maria, mom of two My kids don t clean up after themselves and it wears me out. I ask, then yell, and then they make me feel so guilty that I just give up. They act like I m so mean when I ask them to clear the table. I don t know what to do. Sometimes I think they should do more to...



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### Reviews

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*-- Dr. Daren Mitchell PhD*

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