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Enjoy The First Year Of Motherhood [Paperback] By
Deborah Roth Ledley**



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Deborah Roth Ledley is the author of Making Cognitive-Behavioral Therapy Work (3.71 avg rating, 35 ratings, 5 reviews, published 2005), Becoming a Calm M

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Deborah Roth Ledley, Ledley also coaches expectant and new mothers, Becoming a Calm Mom: How to Manage Stress and Enjoy the First Year of Motherhood.

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