

Where does your day go? Do you feel as though you never have time to breathe in between all those things that need to get done? Swamped with the ever-increasing demands of work and motherhood? Then this book is the book for you! Allison Mitchell, a sought-after Mum coach, brings relief to all manic mums with this realistic, no-nonsense approach to managing your time better. Offering simple, fast and easy solutions, this dynamic guide offers tools you need to become a calmer and more organised parent. By following Allison's time-management programme you can really bring balance to you, your children and your home.

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