



# So You Want to Be a Stay-at-Home Mom

*Cheryl Gochnauer*

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## So You Want to Be a Stay-at-Home Mom Cheryl Gochnauer

Are you thinking about making the transition from the rat race to the home front?

Perhaps you are wondering whether being at home full time is for you. Maybe you are trying to figure out how to make ends meet with only one paycheck each month. Maybe you doubt your ability to deal with the mental, emotional and physical challenges. Or maybe you're afraid that staying home now will derail your career goals for good.

*So You Want to Be a Stay-at-Home Mom* will tell you what to expect and how to prepare. Written by a mom who made the transition and loves being at home, this practical book will help you decide what choice is best for you and your family. You'll find step-by-step guidance on how to

- evaluate your financial situation and develop a family business plan
- talk to your employer about leaving or changing your work schedule
- maintain your work skills for a return to your career
- develop a personal mission statement
- learn to live abundantly even with less income
- plan activities with your kids that keep you thinking creatively
- avoid "super stay-at-home mom syndrome"
- respond positively to the worries of relatives, friends and coworkers
- build the physical and emotional support networks you need

Here is guilt-free counsel that will help you determine what you and your family really need--whether that means staying in a full-time job, making the move to part-time work, starting a home-based business or being at home full time. Every woman who has ever faced this complicated and confusing decision will welcome *So You Want to Be a Stay-at-Home Mom*.

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