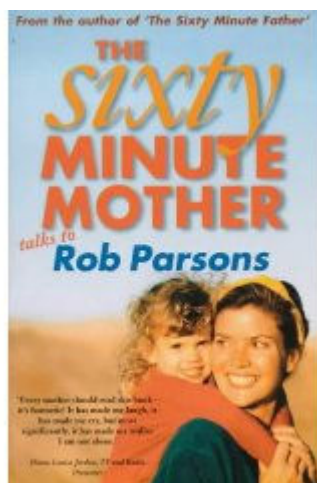


Binscombe Medical Centre

Book Recommendation



- **The Sixty Minute Mother**
- **Rob Parsons**
- **Paperback:** 128 pages
- **Publisher:** Hodder & Stoughton (9 Mar 2000)
- **Language:** English
- **ISBN-10:** 0340630612
- **ISBN-13:** 978-0340630617

"What a refreshing book. It made me laugh, it made me cry. It made me realise I am not alone with the problems, the fears and the embarrassing moments! An excellent read and a book that every mum should read just to feel encouraged and to know that we are doing a good job no matter how hard it may seem." (Review posted on Amazon)

"This book is like that friend you need, telling you that it's alright, your children won't grow up to be axe murderers simply because you screamed at them once." (Review posted on Amazon)

A book that is designed to take only an hour to read. Light-hearted and funny, but also powerfully serious at times. It looks at the pressure for mothers in our modern world to be Super-Mum, and helps to provide freedom from this myth.