

Will I ever stop being tired?  
Will my body ever get back to normal?  
Should I put the baby on a schedule?  
Cloth or disposable?  
Bottle or breastfeed?

## "AT EASE, MOM."

This survival guide takes the worry out of the first six weeks of motherhood. Forty-two reassuring devotions reveal what your friends won't tell you and offer motivation for each new day (or late night) with your little one. *Baby Boot Camp* is ideal basic training for the unknown world of mothering a newborn.



Rebecca Ingram Powell is the mother of three young children. A monthly columnist for *ParentLife* magazine, she offers guidance to moms in her column, "A Mother's Heart." She has also written for *BabyLife* and *HomeLife* magazines and is a frequent speaker to women's groups and parenting organizations. She lives in Nashville with her husband, Rich, where she homeschools and continues to write about parenting.

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Foreword by Former Miss America Debra Maffett Wilson

BABY BOOT CAMP



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Basic Training For The First Six Weeks Of Motherhood

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