



The Single Mama s Guide to Getting Sh *t Done: Self-Care for Personal Transformation (Paperback)

By Kenya Moses

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The life of Kenya Moses changed drastically the moment she became a single mother to her infant and toddler boys. With little to no support to guide her through the raising of her children and the greater life vision she had for herself, she took to a place of determined self-reflection to change the trajectory of her life. In 2009 Kenya started the company Be A Fit Mama, Inc. - a emotional and physical well-being company, dedicated to supporting women and mothers through life transitions. The time she has spent serving thousands of women throughout the world has led her to share her story of single motherhood and how her experience was the impetus for her role in helping other mothers live passionate, joyous and abundant lives. The Single Mama s Guide to Getting Sh*t Done - Self-Care for Personal Transformation is dedicated to the single mother who not only wants to get sh*t done, but who wants to do it in an inspired, confident way. This book challenges you to reflect, engage and implement on what you know and what...



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