



# Stay Home, Stay Happy: 10 Secrets to Loving At-Home Motherhood

*Rachel Campos-Duffy*

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**Stay Home, Stay Happy: 10 Secrets to Loving At-Home Motherhood** Rachel Campos-Duffy

**A warm, inspiring, and practical handbook for at-home moms, by a television celebrity and mother of five.**

National television personality and mother of five Rachel Campos-Duffy presents a new way of looking at stay at-home motherhood that will transform the way readers view their days, their family, and their home.

With practical advice and candid, engaging stories from her own life and other moms who are making it all work, mothers will learn about:

- ? Embracing the choice to stay home with joy and confidence
- ? Taking care of yourself, guilt-free
- ? How rekindling your relationship with your husband benefits the whole family
- ? Reveling in the chance to explore new passions and creative outlets
- ? And the 10 things that no mom can live without!

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