



# Witchy Mama: Magickal Traditions, Motherly Insights & Sacred Knowledge

*Melanie Marquis, Emily A. Francis*

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**Witchy Mama: Magickal Traditions, Motherly Insights & Sacred Knowledge** Melanie Marquis, Emily A. Francis

Navigate the ups and downs of motherhood with a little magic! Written for mothers, by mothers, *Witchy Mama* offers practical and magical ideas, inspiration, and information to help mothers successfully overcome stress and exhaustion, banish bad dreams, soothe boo-boos, create a magical home, increase passion, achieve personal goals, and more.

Discover stones, scents, and colors to increase energy, reduce stress, and attract good fortune to yourself and to your family. Learn how to use simple charms and rituals to ease conflicts, banish fears, protect children, and increase happiness. Master stretching exercises, breathing techniques, and easy to learn yoga moves that will help you feel healthy, beautiful, and *comfortable* throughout pregnancy and beyond.

*Witchy Mama* contains a wealth of insight gathered from centuries of mother's wisdom as well as from the authors' own personal experiences. This book won't tell you *how* to parent, but it will help you be happier and more successful *as* a parent, while still being your own person, too!

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