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# Deep Breaths: The New Mom's Handbook To Your Baby's First Year



## Synopsis

#1 New Release! Millennial moms: You've survived pregnancy and now you have a newborn baby and you're entering your first year of newborn care. What's next? *Deep Breaths: The New Mom's Handbook to Your Baby's First Year* is Michelle Pearson's debut book. In her newborn baby book, this YouTube mom of 5 details: what to expect during pregnancy or what to expect during the first year of motherhood, the importance of finding your mother tribe, how to embrace motherhood with all of its ups and downs, how to continue managing your career, how to continue your social life. Millennial moms: This isn't your grandma's parenting book. YouTube parenting vlogger, Michelle Pearson, brings her inspiring and motivating parenting stories, tips and tricks for the modern millennial mom. From what to expect as the pregnancy develops to the milestones within the first 12 months, Michelle knows that the journey will have highs, lows and the occasional unexpected surprise on social media. Starting a family and caring for the new baby: "Reading Michelle's journey as both a mom and a millennial woman, with hopes and admirations of her own, I couldn't help but feel like I was sitting down to coffee with a close friend, sharing some of our hardest and most beautiful struggles. Michelle's depiction of both the blessings and the challenges that every millennial mom faces, is raw, refreshing, and shows truly how unique the millennial generation is. Sharing her high moments, as well as the low- you get an intimate look into her life as both a young woman and also a mom who is passionate about everything she does. Millennials have both the advantage and the curse of social media, and Michelle so candidly speaks life and hope into a generation of moms who just want someone to tell them they're doing it "right".

Jaimie Kight, YouTube Vlogger

Key elements of *Deep Breaths* include:

- How to become the mom you want to be
- The good, the bad, the ugly
- Embracing/finding/defining the mother within
- Delicate balance
- A day in the life of a millennial mom
- iMom Pamper yourself
- My favorite recipes for the millennial mom

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## Book Information

Paperback: 213 pages

Publisher: Mango (August 15, 2017)

Language: English

ISBN-10: 1633536432

ISBN-13: 978-1633536432

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #161,988 in Books (See Top 100 in Books) #169 in [Books > Parenting & Relationships > Parenting > Parenting Girls](#) #213 in [Books > Self-Help > Time Management](#) #366 in [Books > Parenting & Relationships > Family Relationships > Motherhood](#)

## Customer Reviews

“Reading Michelle’s journey as both a mom and a millennial woman, with hopes and admirations of her own, I couldn’t help but feel like I was sitting down to coffee with a close friend, sharing some of our hardest and most beautiful struggles. Michelle’s depiction of both the blessings and the challenges that every millennial mom faces, is raw, refreshing, and shows truly how unique the millennial generation is. Sharing her high moments, as well as the low- you get an intimate look into her life as both a young woman and also a mom who is passionate about everything she does. Millennials have both the advantage and the curse of social media, and Michelle so candidly speaks life and hope into a generation of moms who just want someone to tell them they’re doing it “right”. Jaimie Kight YouTube Vlogger “Michelle is an inspiration to millennial moms everywhere! Her realistic, raw, and simple approach to navigating life as a millennial mom is not to be ignored. She is wise beyond her years and is a true inspiration of what healthy motherhood should and could be!” Jordan Paige YouTube Vlogger “Michelle informs, empowers and inspires you to have a sweet and satisfying first year with your bundle of joy.” Dawn Dias, Best-selling Author of *The Sh!t No One Tells You* “Michelle is what the millennial mom strives to be. She has such a positive outlook on life and enjoys each moment with her family in such a real and raw way. Sharing wisdom and experience with a touch of style and class, Michelle is a role model to so many of this generation! “Jeannie Brattrud YouTube Vlogger “Michelle is going to help ease the worries so many new moms have and inspire them to be the best version of themselves.” Jennika Anderson YouTube Vlogger “Michelle’s passion for helping other women navigate the highs and lows of motherhood in this modern age is a gift to all who come in contact with her. Her genuine and sincere personality made this a joy to read, and feel like you have an instant friend in your own mom tribe!” Alycia Crowley Blogger

Michelle Pearson is THE millennial mom. A YouTube mommy vlogger since 2011, her channel, Michelle Pearson has garnered worldwide attention. Michelle has grown up around the world and enjoys speaking fluent Russian and Thai. Her many experiences traveling and meeting different people fueled her fire to interact and help mothers from all over the globe. With over 50,000 subscribers, her daily videos on parenting tips, tricks and survival are an informative and lighthearted approach to modern parenting. With 5 children under the age of 6 Michelle has learned a lot and is excited to share her struggles and triumphs along the way. Trailblazing the way as one of the original moms on YouTube as AmandaMuse, Amanda has created an incredibly engaged community online, both as viewers of AmandaMuse and within the YouTube community. Amanda began her online journey while documenting her start to motherhood with her two children, while living as an expat in Malaysia. Now living in the Toronto area, AmandaMuse has become a lifestyle brand, where Amanda shares her views on life and beauty on YouTube, traditional media, social media and her live online shows. Amanda embraces the highs and lows of life, while showcasing optimistic authenticity in motherhood and womanhood.

I know this is going to post under my husbands name, but I am the wife lol and a mommy of three. From the moment I got this book, about a week ago, I have NOT been able to put it down! I already feel like I know the Author because I have been following her YouTube channel from the very first video! She is AMAZING.. I always wondered how does she do it??? Then she goes and writes a book (Thank you!) This book is great for first time moms, and all moms I believe. If you are sitting there and wondering why am I failing? Do I know who I am? What kind of mom do I want to be? Why do I feel alone and how do I get mommy friends? This book will speak to the heart of it! This book I believe is one of the best out there, because it causes you to take an inward (and sometimes, hard look) at your heart. I WISH this book was around when I was a first time mom.

I really enjoyed this book. I am a big fan of Michelle's on YouTube so I knew I would be. It is a quick fun read and talk about things typical mom books don't - self care, exercise, mental health, not losing yourself in motherhood and social media. Also definitely not only for first time moms in baby's first year. I feel like you get more out of it when you come out of that beginning fog. A very fun read!

Make yourself a cup of coffee and curl up with a blanket and THIS book. It is such a refreshing read and totally like I am talking with a friend. It is relaxed but inspirational, and it hit all of the areas of what being a Millennial Mom is about. Michelle's energy and knowledge pours out of her YouTube

videos which is why I've been drawn to her. This book has done the same!

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