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Janet L. Currie

Managing Motherhood

A New Wellness Perspective



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Foreword

I'm lucky enough to have known Dr. Janet L. Currie from our days as young athletes when our mums would drive us to sport practices after school, have all the right foods, clothes washed and ready for us, and be our everything as teens growing up in the 1970s. Janet has continued on a path of research and personal discovery while continuing to share her learning on how to keep a positive attitude through her own journey of work, life, and motherhood.

With Janet as a constant inspiration in my life, I was then honored to lecture teaching methods at UTS under her guidance as head lecturer and again learned more lifelong lessons from her on how I can balance my own life and find thankfulness for what I have and in turn happiness at every turn.

In life, coping means having the resilience to utilize our strengths and master situations. In doing so, it builds our sense of confidence, self-worth, and self-esteem. When we become new mothers ourselves, we're not always sure what to do; however, with the anticipated guidance possible from reading *Managing Motherhood*, women and practitioners can now gain ready access to healthy ideas on positive strategies and tips of how to cope with this challenging role. In the book, Janet talks about how the mothers say there can be different levels or degrees of coping. However, Janet provides evidence to show it is more than simply 'putting up' with a bad situation. Instead, Janet writes, it is demonstrating daily how we can conquer challenges and live in a positive way, therefore building individual mental health. Janet's book helps each individual develop a sense of subjective well-being giving strength to those women knowing how to rise above the pressures of perfect images and behaviors and know that it is more than all right to ask for support.

To access the data for *Managing Motherhood*, Janet spoke in depth with mothers of young children to gain their insights and ideas. Her research is therefore grounded in reality and has meaning based on real-life experiences. With the support and guidance I have learned from Janet along with the knowledge I have gained from others, education, Neuro Linguistic Programming and the Olympic Journey, I feel honored to now live a life in Hawaii and around the world of happiness and love. I get to wake up every morning with a passion for life, a

thankfulness for what I have and an excitement for assisting others to find the same in their ‘own’ journey and day-to-day life situations.

Janet is a dedicated, thorough researcher and has looked at this topic from many angles to provide great insight, knowledge, and confidence to support every woman navigating the journey of motherhood, relationships, and life, with no ‘how to guidebooks’ coming with your own situations or children.

This book gives a wonderful strength to everyone who reads it through giving us skills in finding the perspective that can always find the good in all people, relationships, and any situation that presents itself.

Honolulu, USA

Shelley Oates–Wilding

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