



## The Honest Mums Club: Parenting. Depression. Cake. (Paperback)

By Hannah Oakland

Darton, Longman Todd Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. `There is so much to be thankful for. I know. I do. One look at my beautiful family, our little home or our friends can tell me that. But it s so hard to see it in the dark. In 2006 Hannah Oakland was a drama student living in Central London - with complimentary theatre tickets, a head full of world-conquering dreams and a kitchen that definitely didn t meet Health and Safety standards. Ten years later, the only constant is the state of her kitchen. Today, Hannah is a wife, a mother-of-two, and reliant on anti-depressants to make it through the week. The Honest Mums Club is the story of her journey towards acceptance. An honest song for those whose dreams didn t pan out the way they planned. A whisper in the night for the sleep-deprived parents. A rumour of hope for the mentally unstable. Indeed, there is no happy ending. No neat, tidy recovery. Not yet. It s a two-steps-forward, one-step-back affair. But those two-steps are towards beauty, second chances and hope. It s a tale of learning to live a life...



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