

CONTENTS

ix | INTRODUCTION



1 | **STAGE ONE:** Nail It Down

- 3 Angst Babyrooms, Bedrooms & Boardrooms
- 9 A-ha! In Flux
- 11 Action How to Nail it Down

25 | **STAGE TWO:** Get Some Closure

- 27 Angst Chaos
- 34 A-ha! Reality Check
- 37 Action How to Get Some Closure

53 | **STAGE THREE:** Ride The Mommy Flux

- 55 Angst Preferred Passengers
- 63 A-ha! Out of The Mouths of Babes ...Superheroes to the Rescue
- 65 Action How to Ride The Mommy Flux

99 | **STAGE FOUR:** Go Get It

- 101 Angst It's Just A Snapshot
- 107 A-ha! Ready Willing and Able
- 109 Action How to Go Get It

129 | **CONCLUSION**

- 134 *Notes*

137 | **APPENDIX:** Need Help? Want Information?

- 148 *Index*
- 150 *Acknowledgements*
- 153 *Putting It All Together Pull-Out*