



Everything I Needed to Know I Learned From My Six-Month-Old: Awakening To Unconditional Self-Love in Motherhood

Kuwana Haulsey

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There is a tribe in Africa where, the first time a woman leaves home following the confinement period after giving birth, everyone she meets along the road greets her with a sacred song otherwise reserved for warriors returning from battle. She's honored as having lived through a rite of passage that will forever mark her womanhood as abundant and powerful and blessed. She's respected as a fully franchised member of the most ubiquitous and yet most extraordinary group of beings in our collective experience: mothers.

Everything I Needed to Know, I Learned from a Six-Month-Old: Awakening to Unconditional Self Love in Motherhood is an *Eat Pray Love* for moms. It fuses memoir, spirituality and self-development into the unique perspective that babies are actually extraordinary spiritual teachers who are capable of showing their caregivers the way toward inspired living. Kuwana Haulsey imparts this deeper understanding of a universal truth of love, in which motherhood is explored as a means of waking up to her innate potential for personal transformation.

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