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MAXED OUT: AMERICAN MOMS ON THE BRINK



Seal Press. Paperback. Book Condition: new. BRAND NEW, Maxed Out: American Moms on the Brink, Katrina Alcorn, Winner of a Foreword IndieFab Book of the Year Award Katrina Alcorn was a 37-year-old mother with a happy marriage and a thriving career when one day, on the way to Target to buy diapers, she had a breakdown. Her carefully built career shuddered to a halt, and her journey through depression, anxiety, and insomnia--followed by medication, meditation, and therapy--began. Alcorn wondered how...

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- Authored by Katrina Alcorn
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