



**Mum to Mum – Pass it on**  
by **Helen Stephens**  
Price: £9.99  
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Following on from the success of their award-winning Journals of a Lifetime, from you to me has created a new Mother & Baby range to meet the needs of new mothers.

Initially four titles are being launched, the first being Mum to Mum – Pass it on. The beautifully designed book contains over 160 practical tips, inspirations and little nuggets of wisdom. A useful 'tip' per page, makes the book easy to dip into when a little guiding light is needed.

"Having a baby is a huge experience and new mums or mums-to-be need all the comfort and inspiration they can get!" author Helen Stephens says.

Visit the website [www.fromyoutome.com](http://www.fromyoutome.com) to find out more.

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