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Psychologue et psychanalyste

Quand les mères craquent



**Osez dire que
vous n'en pouvez plus !**

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PRATIQUE

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When Mothers Crack

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Exhausted mothers, preventing burnouts. This book gives practical and concrete solutions to prevent maternal burnouts and get out of them, but also and above all to change attitudes about what a mother really is.

Although a much-discussed phenomenon, burnouts are not only limited to the workplace. Mothers can be just as exposed to burnouts in their own homes. At a time when the famous “mental load” is starting to be recognized, more and more moms admit they feel completely overwhelmed by the extent of their daily tasks, by the limited involvement of fathers in family management, by the challenges of reconciling personal life and professional life, and by the lack of appreciation and support from society... all of which results in mothers exhausted by their own children. Offsetting the cult of the perfect mother, this book shows why maternal burnouts have become increasingly frequent and why they are inevitable in a modern society that favors competition, success and performance.

Sales in France: 3,000 copies