



Mette Dahm / Mette Wismann



Become a Viking Mom

A hands-on guide to becoming a confident parent with brave and happy children.

Mette Dahm and **Mette Wismann** are professional pre-school teachers and family counselors.

SYNOPSIS

A concrete and honest guide to not only surviving life with children, but rather how to create a happy family life with more energy and stronger ties.

What the reader gets

1. A hands-on 5-step parenting guide, giving simple and powerful tools for raising amazingly happy children.
2. Techniques that are deeply rooted in Viking and Danish parenting culture, renowned to have strong women who raise happy and independent children.
3. Gives an insight into how the concept of "hygge" and a strong connection to nature is the foundation for raising kids in Denmark.
4. Emphasis on how important the parents' personal well-being is for a happy family life.
5. Inspiration for ways to encourage children to dare more, and thereby boosting their self-esteem.



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