



The Colic Chronicles: A Mother's Survival Guide to Calming Your Baby While Keeping Your Cool

Tara Kompare

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Roughly one out of five babies in the U.S. suffers from colic, and a mom can feel desperate for answers when her infant wails nonstop. *The Colic Chronicles* offers sweet comfort that she's not alone, not losing her mind, and *not* a bad mother-on the contrary, she should win an award! As a mom who survived the colic wars, author Tara Kompare dishes out tried-and-true tips, from how to quell the desire to tackle mommy "know-it-alls" in the checkout line; to mom self-care (e.g. showering and eating in peace); to trying a host of colic-calming strategies. With short, breezy chapters-easy to read during baby's blessed, rare snoozes-this book brims with humor and vital information, sure to be a lifesaver for countless mothers.

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