

# Become a Viking Mom - Embrace Your Inner Warrior!



## The Ancient Legacy of Viking Women

When we think of Vikings, we often picture fierce and mighty warriors sailing across the seas, wielding swords and conquering new lands. However, what

many don't realize is that Viking women were just as strong and resilient as their male counterparts. They were not your traditional housewives; instead, they were skilled seafarers, traders, builders, and explorers. Today, we can learn valuable lessons from these ancient Viking women and tap into our inner warrior as modern-day Viking Moms!

## The Boldest Viking Traits to Embrace

To become a true Viking Mom, we must embrace the boldest traits of these historical figures. Let's explore some of these qualities that can help us become fierce and empowered mothers:



**Become a Viking Mom!:** Get out of survival mode with the proven 5 step Danish parenting system. Simple and powerful tools for raising amazingly happy children. by Jordan Cooper(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 11454 KB

Screen Reader : Supported

Print length : 205 pages

Lending : Enabled



### 1. Fearlessness

Viking Moms are fearless. They face challenges head-on and never shy away from taking risks. Whether it's trying new parenting techniques or embarking on new adventures with their children, they fearlessly embrace the unknown.

### 2. Strength

Strength is a defining trait of Viking Moms. They possess physical and mental fortitude, allowing them to overcome obstacles and protect their families. They know how to strike a balance between being gentle and being strong when the situation calls for it.

## **Unleashing Your Inner Viking Mom**

Now that we know what it takes to be a modern Viking Mom, how can we unleash our inner warriors?

### **1. Learn from Viking History**

Immerse yourself in Viking history and culture. Read books, watch documentaries, and visit museums to gain a deeper understanding of their way of life. Allow their wisdom to empower you and shape your motherhood journey.

### **2. Embrace Adventure**

As Viking Moms, we should seek thrilling experiences with our children. Create memories by exploring new places, trying new activities, and pushing our boundaries. Remember, adventure is where growth happens!

Becoming a Viking Mom means embracing the fearless, strong, and adventurous spirit of Viking women. It means nurturing our children with love and care while instilling in them the values of resilience, determination, and fearlessness.

So, let's embark on this journey of self-discovery and motherhood, combining the ancient wisdom of the Vikings with modern-day nurturing. Become a Viking Mom and unleash your inner warrior!

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You're about to become an even more amazing and happy parent!

FREE AUDIO BOOK INSIDE!

'Become a Viking Mom!' is a unique guide for parents who want to learn from the happiest nation on earth, Denmark. The Viking Moms provide you with an honest and simple approach to have more energy, feel confident, reduce tantrums and tears, build your children's self-esteem and empower them to the fullest. It guides you from merely surviving life with kids to a happy family life, with more energy and closer family ties.

The authors Mette Dahm and Mette Wismann are professional teachers and founders of the successful family online counseling company "The Kids' Manual" and "The Viking Moms."

The techniques provided by the Viking Moms are deeply rooted in the cradle of the Viking and Danish Parenting culture, renowned as strong women who raise happy and independent children. Among many things, you will learn how the Danish concept of 'Hygge' and a strong connection to nature is the foundation of

raising kids in Denmark. You will also learn how important your own well-being as a parent is for a happy family life.

The Viking Moms' 5-step system bring you results within the first seven days and you'll be able to start your new life as a confident parent with brave and happy kids.

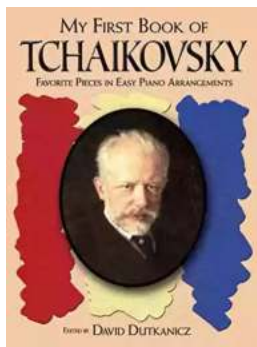
The book includes links to great resources and free materials, among these an audio version.

Discover the secret of the Viking Moms. You'll be surprised how simple it is!



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