

**QUICK**

**TIPS**



# Instagram Tips

**Melody Karle**



## Instagram Tips:

**A Social Media Survival Guide** Melody Karle, 2020-02-27 The every person's guide to social media how to use it and what never to do Are you trying to figure out how to safely use social media but finding yourself struggling Here's a book specifically designed to help regular people figure out social media platforms It begins with a chapter about social media basics how they normally work why people use them and general safety tips It is easy to get confused by the large number of options that are out there so this book breaks down each major network into its own chapter Chapters are included for Facebook Snapchat Pinterest LinkedIn Instagram YouTube Twitter Reddit and Tumblr Because each social media platform has its own rules benefits and challenges each chapter gives a summary of the platform and tells the reader why people use it Next each chapter has a glossary of terms to explain language and slang that are used This will help people who are new to social media learn about terminology like subreddits retweets and more If readers decide to use the platform or already use it and want to learn more each chapter guides users through a how to of using each platform This includes the basic functionality setting up profiles settings and odd features that even current users may not know about Privacy and safety are also covered with a platform specific section devoted to these important issues in each chapter Two final chapters cover other notable social media platforms that readers might want to know about and archiving tips for saving social media posts and information This book can help people new to social media people joining new social media and people who are already on but want to learn how to better manage and protect their accounts

*Vertical Video Training Guide* Hillary Scholl, 2023 Social media has always been the first choice of marketers to promote businesses especially eCommerce businesses If you've been working on your marketing strategies then you should not leave platforms like Instagram Facebook Pinterest YouTube Snapchat Tik Tok If you want to take your ROI to the next level and dominate social media platforms then make sure to download this guide for more insights and knowledge Are you looking to utilize vertical video option You should be The short form video format helped numerous small creators break out and reach a massive audience We present you with a fantastic opportunity to get started with Vertical Video and gain expertise on it Vertical video ads get a 150% higher click through rate than horizontal ones The number of vertical videos uploaded to social media will reach 2 billion by year end The new Vertical Video has become a goldmine for businesses and brands to reach wider audiences and grow globally More than ever before internet users are looking for quickly consumable information and entertainment that can be accessed across various devices It is therefore no surprise that Vertical Video is a growing trend in the online world The popular short form content platforms such as Snapchat Stories TikTok Instagram Reels and YouTube Shorts has created a vertical revolution Now the creators who create these videos on various platforms are rewarded for their work All these platforms have been monetized With hundreds of thousands of creators and artists already on all these platforms creating daily a backlog of millions of videos with 500 hours of new content being uploaded every minute there's plenty of reason to believe vertical videos has the headstart its

competitors never did If you are a business owner you must think of new and innovative ways to make people take notice of your products and services So here we are with our Awesome course Vertical Video Income Stream Training Guide This guide will educate you about steps to create vertical videos upload them analyze them content creation strategy ways to promote and boost your ecommerce business common mistakes marketers make and so much more This course covers 1 A basic overview of vertical videos platform and features 2 A step by step guide on how to create vertical videos 3 Ways to promote your business using vertical videos 4 Content creation strategy guide with latest vertical video ideas 5 A guide on how to share vertical videos There is no doubt that consumer behaviour is shifting towards convenient content experiences Vertical Videos provide a strong well established platform with vast audiences and an accessible content creation tool With thousands of eCommerce websites available on the net you ll want to have some exclusive engagement to stand out and captivate your shoppers And Vertical Video for eCommerce allows you to do just that As per the statistics 90% of Twitter video views come from mobile devices take this figure into account if you want to reach more Twitter users with video marketing Vertical videos also have 13 8x more visibility on Facebook and 90% more visibility compared to a post with an image Vertical videos on Snapchat are watched to the end 9 times more often than horizontal ones This makes video content highly desirable for brands as it can directly affect the path to purchase journey It is time that your business should have an effective Vertical Short Video strategy Just use the tips and information we covered to get started So consider getting our comprehensive and up to date guide jam loaded with the latest and best in the industry knowledge about Vertical Video marketing strategy

**23 Tipps und Tricks - versteckte Funktionen bei Instagram** Martina Kloss,2020-05-20

Instagram gilt inzwischen als eine der beliebtesten Social Media Plattformen Jede Generation weltweit nutzt diese Plattform f r verschiedene Aktivit ten Und nicht nur die Zahl der Nutzer erh ht sich von Tag zu Tag Auch der Nutzerkreis wird immer gr er Instagram ist inzwischen so interessant geworden f r Millionen von Menschen dass es dar ber hnlich wie f r Nahrungserg nzungsmittel inzwischen sogar Studien gibt So besagt zum Beispiel das Ergebnis einer Studie des Pew Research Center dass 35 Prozent der Erwachsenen welche soziale Medien nutzen auch auf Instagram aktiv sind Und die Prozentzahl w chst stetig Der Anteil derer die Twitter nutzen liegt im Vergleich nur bei 24 Prozent Die Studie ergab zudem dass Instagram Nutzer sehr aktiv sind Von mehr als 35 Prozent wird die App mehrmals am Tag genutzt

**Pretty Little London** Sara Santini,Andrea Di Filippo,2021-06-08 A curated guide to the most chic stylish and unique sites in London from the creators of the hugely successful Instagram account prettylittlelondon Inviting you on a stunning visual tour of the city your guides Sara and Andrea present the most Insta worthy destinations in the capital With everything from cafes and restaurants to galleries parks and hotels Pretty Little London introduces more than 100 perfect places to explore all year round The authors also share advice drawn from their experience on the platform from using the right equipment to photograph these stunning locations to how to build followings and understand trends and algorithms Whether you re looking for a picturesque wisteria

filled stroll a romantic rooftop bar for a cocktail an inspiring museum or a magical day of Christmas lights and festivities Pretty Little London has a whole host of offerings There are even a few day trips outside of London for those much needed weekend getaways Filled with enviable photography beautiful maps Instagram advice and insider tips this book will inspire you to discover parts of the city you ve never seen before      **Fundraising** Joyce V. Garczynski,2017-10-30 Fundraising How to Raise Money for Your Library Using Social Media introduces the phenomena that many members supporters and fundraisers are not using social media to fundraise for their libraries and may not be aware of its strengths and pitfalls The book discusses why social media should be used to fundraise and how to successfully employ social media campaigns also providing examples from library funding initiatives that libraries can follow Since social media changes relatively quickly library staff members supporters and fundraisers need up to date information on how to craft messages for the platforms that they use This book presents less on best practices for specific social media platform focusing more on library social media fundraising strategies that have been found to be effective for example how libraries have successfully created fundraising campaigns with hashtags Discusses why social media should be used to fundraise Outlines how to successfully employ social media to fundraise Presents examples from successful library funding campaigns via social media that other libraries can follow      **Stadtmarketing** Thomas Breyer-Mayländer,Christopher Zerres,2019-07-02 Stadtmarketing ist das Aufgabenfeld verschiedener Disziplinen und Berufsgruppen Neben Marketingfachleuten aus Wissenschaft Beratung und Praxis besch ftigt es auch Verwaltungsexperten oder Praktiker aus Handel und Gastronomie Voraussetzung und Basis f r erfolgreiche Marketingstrategien ist daher eine interdisziplin re konstruktive und flexible Zusammenarbeit aller Beteiligten Dieses Buch gibt einen berblick ber die Grundlagen des Stadtmarketing und liefert Ansatzpunkte f r die Weiterentwicklung von St dten Kommunen und Regionen Es beleuchtet die wichtigen Aspekte Transformation Mobilit t und Infrastruktur und bietet gezielte Anregungen f r die Marketingpraxis Zudem werden Beispiele erfolgreicher praktischer Umsetzungen aufgezeigt wie etwa in Freiburg Frankfurt Neum nster Offenburg Jena Mainz oder Leipzig ber 40 renommierte Branchenexperten beschreiben was die Branche bewegt und was es in Zukunft zu beachten gilt Das Werk bietet Neulingen und Quereinsteigern aus anderen Fachgebieten sowie Studierenden gro en Nutzwert Au erdem enth lt es wegweisende Anregungen f r erfahrene Praktiker die die Kommunikation und Kooperation mit Stakeholdern aus unterschiedlichen Fachdisziplinen verbessern m chten und zugleich nach Impulsen f r die eigene Arbeit suchen      **Gender im Gep ck** Mirja Riggert,2025-11-21 Reiseliteratur erf hrt im digitalen Zeitalter eine neue gesellschaftliche Relevanz gibt es doch eine Vielzahl an Blogs Vlogs oder Instagram Posts zum Thema Reise Besonders hervor treten dabei weiblich markierte Erz hlungen die vom Alleinreisen als Frau k nden und in ihrer Prominenz eine eigenst ndige Subsparte als solo female travel blogs begr nden Die Arbeit nimmt das Ph nomen Reiseblog zentral in den Blick und geht der Frage nach wie drei bisher kaum zusammengebrachte Diskursfelder autobiografische Reiseerz hlung weibliche Identit t und mediales Format wechselseitig aufeinander einwirken und welche

Rolle dabei historische Gattungen und Medienkontexte der deutsch und englischsprachigen Reiseliteratur spielen Denn Gattungsvorläufer wie das Tagebuch sind im Reiseblog ebenso präsent wie Topoi des Normbruchs und der Emanzipation Vor dem literarhistorischen Hintergrund des erschwerten Alleinreisens und Publizierens als Frau machen Reiseblogs somit neue Formen von Narration Mobilität und Selbstbehauptung sichtbar Die Studie zeichnet nach inwiefern dies oftmals unter Anpassungsleistungen an eine neoliberale Medienlogik geschieht welche das genuin literarische Interesse an Reisedarstellungen in den Hintergrund treten lässt

**Wholesale 101: A Guide to Product Sourcing for Entrepreneurs and Small Business Owners** Jason Prescott, 2013-05-31 Learn the Secrets to Succeeding in Global Trade Wholesale 101 provides the tools and insight you need to launch a successful business by combining various platforms B2B sites trade shows trading companies and others into a powerful product sourcing strategy Whether you're looking to drop ship from wholesalers and manufacturers or import product direct to sell in your store this unparalleled guide reveals inside information of an industry full of secrets If you are looking for a one stop shop that turns the complicated world of sourcing product into a road map for success then I encourage you to buy this book TOM MCELROY VP Marketing and e Commerce Genco Marketplace and NoBetterDeal.com Provides lots of concrete advice on how to profit from this new age of wholesaling DON DAVIS Editor in Chief Internet Retailer For any entrepreneur looking to start a business or expand their business Wholesale 101 is a must read MARC JOSEPH CEO and President DollarDays International and author of The Secrets of Retailing Or How to Beat Wal Mart One of the most informative and useful books on Wholesale Sourcing I have laid eyes on in the past ten years SKIP MCGRATH Publisher Online Seller's Resource Very smart with a unique perspective on a variety of things important to our business including global trade international protocol leveraging the Internet and driving value for trade show participants CHRISTOPHER MCCABE Senior Vice President Nielsen Expositions A must have addition to any wholesalers library CYRILL ELTSCHINGER Strategic Advisor and author of Source Code China

**Instagram Marketing** Anton Marquardt, 2021-09-26 Insiderwissen zu Social Media Instagram Marketing enthält Wie du deine Reichweite auf Instagram langfristig steigertest und damit deine Einnahmen erhöhst Du bist Influencer oder möchtest einer werden Du bist Unternehmer Selbständiger oder Coach Du möchtest dir ein Online Business oder mithilfe von Instagram ein solides Einkommen aufbauen Und du suchst nach den erfolgreichsten Online Marketing Strategien auf Instagram um endlich deine Reichweite zu erhöhen um daraus mehr Umsatz zu erzielen Dann ist dieses Buch genau das Richtige für DICH Egal ob du noch Anfänger bist oder bereits Erfahrung im Umgang mit Instagram hast Das Buch bietet dir die notwendigen Grundlagen Strategien Schritt für Schritt Anleitungen und praktische Tipps rund um die Themen Online Marketing Social Media Marketing und Instagram Marketing damit du deine Reichweite schnell und effizient ausbauen kannst Insgesamt erwartet dich folgendes in diesem Buch Funktionsweise Fakten Zahlen zu einer der erfolgreichsten Social Media Marketing Plattformen Instagram Werkzeuge für die Nischenanalyse und deine Positionierung damit du dich von deinen Mitbewerbern

in 2021 und 2022 komplett absetzt Funktionsweise des Algorithmus von Instagram und wie du ihn zu deinem Vorteil nutzen kannst 3 Online Marketing Goldgruben von Instagram die noch nicht jeder auf dem Schirm hat eine Anleitung wie du sie bei dir integrierst 18 organische Marketingstrategien mit denen du kostenlos deine Reichweite skalieren und langfristig Follower aufbauen kannst Geeignete bezahlte Methoden Methoden die du lieber nicht beachten solltest Wie du Analytics Funktionen von Instagram richtig anwendest Exklusiv 15 geheime Strategien Tipps aus der Praxis die noch fast niemand auf dem Schirm hat DAS verschafft dir einen extremen Wettbewerbsvorteil auf Instagram in 2020 **James Insider-Tipps:**

**Erfolgreich auf Instagram - "Wie Sie Influencer werden und Geld verdienen" Für Anfänger und Fortgeschrittene:**

**Instagram Marketing, Instagram Buch, Instagram Buch Business! - SONDERAUSGABE JAMES THOMAS**

BATLER,2024 Instagram Guide 2021 Milena Bonstingl,2021-01-13 Du hast dich schon immer gefragt wie du den Social Media dienst bestmöglich nutzen kannst Ganz egal ob Unternehmen oder privater Social Media Fan Alle Antworten und noch vieles mehr findest du in unserem Instagram Guide Du erfährst unter anderem auch Worauf du beim Anlegen deines Accounts achten solltest Wie der Algorithmus von Instagram arbeitet Wie du eine größere Reichweite generieren kannst Welches Halbwissen dich deinen bisherigen Erfolg gekostet hat Und noch vieles mehr das deinen Online Auftritt auf das nächste Level bringt *Instagram Power, Second Edition: Build Your Brand and Reach More Customers with Visual Influence* Jason Miles,2019-03-08 Publisher's Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product The essential guide to marketing and building your business on Instagram today's hottest social media platform While other social sites are declining in popularity Instagram is hotter than ever and shows no signs of cooling off any time soon But it's not just users that are flocking to the site marketers love it too With more features and marketing capabilities than ever Instagram is a channel that smart marketers can't afford to avoid Filled with proven strategies from leading Instagram experts this updated edition of Instagram Power walks you through the steps of setting up your account actionable monetization methods you can use and how to integrate the social media platform into your complete marketing approach With 15 new chapter subsections and revisions throughout the book shows you how to leverage all the new features including Insights IGTV Shopable Posts Stories and Instagram Ads You'll discover how to Leverage Instagram to build and strengthen your business or personal brand Design an effective marketing plan for the platform Sell directly on Instagram with Shopable posts Avoid common pitfalls and much more If you're serious about marketing you need to tap into the power of the world's most popular photo sharing platform This guide offers a road map to achieving Instagram marketing success *The Art of Aesthetic Surgery, Three Volume Set, Third Edition* Foad Nahai,Farzad Nahai,2020-05-09 The ultimate guide to aesthetic surgery from world famous aesthetic surgeon Foad Nahai The Art of Aesthetic Surgery Principles and Techniques Third Edition by internationally revered aesthetic surgeon Foad Nahai five distinguished co editors and more than 100 new contributors is an

encyclopedic three volume masterwork Considered the quintessential resource on cosmetic surgery since its inception the new edition features an e book and access to online videos for the first time The updated text and videos reflect significant and numerous exciting developments in aesthetic medicine and surgery An impressive group of renowned global experts contribute valuable insights pearls and considerable expertise Twenty new chapters feature a wealth of diverse state of the art topics while other chapters have been updated and greatly expanded New areas of focus include practice management volume enhancement in periorbital and facial rejuvenation minimally invasive neck techniques and body contouring procedures such as umbilicoplasty Patient safety is prominent with a major chapter on safety considerations in aesthetic surgery as well as discussion of complications in different anatomic regions Key Highlights A state of the art review of facial aesthetic surgery with detailed coverage of all the key techniques needed to achieve facial rejuvenation The latest primary and revision breast surgery techniques for augmentation reduction mastopexy fat grafting and asymmetry management Significant new chapters on minimally invasive treatments reflect enormous changes in this field since the last edition The addition of two new dedicated sections on genital rejuvenation and gender affirming surgery About 6 000 beautiful illustrations enhance understanding of state of the art approaches An expanded video library featuring 14 new clips and the addition of pre and post op patient images provides expert procedural guidance This quintessential resource provides trainees and experienced practitioners with a solid foundation for learning basic principles and techniques in aesthetic surgery with the ultimate goal of improving patient outcomes developing innovations and advancing the specialty

*Instagram Follower Bekommen* Instagram King,2018-04-27 Instagram Follower bekommen Erfolgreich mit Instagram sein M chten sie Viele Follower in kurzer Zeit bekommen Viele Likes ebenfalls in nur sehr kurzer Zeit bekommen Wissen wie Instagram wirklich funktioniert Bekannt sein und somit mehr Aufmerksamkeit bekommen Endlich in Social Media erfolgreich sein Dann ist dieser Ratgeber zum Thema Instagram genau der richtige f r sie Ich werde ihnen zeigen wie sie auf Instagram viele Follower bekommen und das ohne Hilfe von gekauften Bots oder hnlichen Methoden Ich machte mit Instagram viele Tests um zu sehen welche Mitteln die besten sind um auf Instagram echte Follower in Rekord zeit zu bekommen M chten sie auch sofort losstarten und ihre Followerschaft zum Sprengen bringen Dann starten sie jetzt mit diesem Ratgeber

**Instagram Marketing Für Anfänger** Alessandro Fiorentini,2019-05-08 Du willst wissen was Influenzas machen damit sie erfolgreich auf Instagram sind Lernen mit diesen praxiserprobten Tipps und Tricks wie Du deine Reichweite auf Instagram erweiterst Du m chtest Passives einkommen generieren mit Instagram und fragst dich wie das geht Mit den 15 Apps und Tools mehr Follower und mehr Reichweite um deine Fanbase auszubauen All das ist kein Problem Lerne wie du mit Instagram Marketing f r Anf nger ein Passives Einkommen auf Instagram generierst wie du dein Zielpublikum findest Dieser Ratgeber wird dir dabei helfen endlich den Influenzastatus zu bekommen Mit diesem Buch zum erfolgreichen Instagram Experten Lernen Sie in diesem hilfreichen Ratgeber Instagram zu verstehen Wie du als Anf nger von Social Media Marketing



profitieren kannst wie du schritt f r schritt Instagram f r dich am besten Nutzen kannst wie du Tausende Followers bekommst ohne einen einzigen Cent zu investieren wie du Apps und Tools richtig nutzt um deine Fanbase aufzubauen die Strategien zum erfolgreichen Influencer und vieles vieles mehr Lassen Sie die Chance nicht verstreichen und die Faulheit siegen Nutzen Sie die Chance f r Ihr Wunschgewicht und mehr Energie in Ihrem Leben Erwerben Sie jetzt diesen Ratgeber zum Sonderpreis Ihr Leben kann sich mit einem Klick ndern Lesen Sie auf Ihrem PC Mac Smartphone Tablet oder Kindle Ger t Ein Klick auf Jetzt kaufen mit 1 Click reicht 100% Geld Zur ck Garantie Wenn Sie mit Ihrer Investition nicht zufrieden sind dann k nnen Sie dieses Buch innerhalb von 7 Tagen an Amazon zur ckgeben und erhalten Ihr Geld zur ck **Crisis**

**Communications: The Definitive Guide to Managing the Message** Steven Fink, 2013-02-12 The Definitive Guide to Communicating in Any Crisis When facing an already difficult crisis the last thing a company needs is to make it worse through its own communications or lack thereof As one who has lived through a number of business crises and served as an independent investigator of the crises of others I consider Steven Fink s book to be an excellent guide to avoiding collecting scar tissue of your own by learning from the scar tissue painfully collected by others Norman R Augustine former Chairman and Chief Executive Officer Lockheed Martin There are few guarantees in business today Unfortunately one of them is the inevitability of a crisis having a potentially major effect on your business and your reputation When your company finds itself in the midst of a crisis the ripple effects can disrupt lives and business for the foreseeable future if public opinion is not properly shaped and managed Skillfully managing the perception of the crisis determines the difference between a company s life or death Because in the pitched battle between perception and reality perception always wins Fortunately there is a solution Crisis communications and crisis management legend Steven Fink gives you everything you need to prepare for the inevitable whether it s in the form of human error industrial accidents criminal behavior or natural disasters In this groundbreaking guide Fink provides a complete toolkit for ensuring smooth communications and lasting business success through any crisis Crisis Communications offers proactive and preventive methods for preempting potential crises The book reveals proven strategies for recognizing and averting damaging crisis communications issues before it s too late The book also offers ways to deal with mainstream and social media use them to your advantage and neutralize and turn around a hostile media environment Steven Fink uses his decades of expertise and experience in crisis communications to help you UNDERSTAND AND MANAGE THE RELATIONSHIP BETWEEN PUBLIC PERCEPTION AND REALITY CHOOSE THE BEST SPOKESPERSON FOR THE CRISIS PROTECT YOUR BRAND AND REPUTATION THROUGH CRISES LARGE AND SMALL MAKE WISE VIGILANT AND DEFENSIBLE DECISIONS UNDER EXTREME CRISIS INDUCED STRESS TELL THE TRUTH NO MATTER HOW TEMPTING IT MAY BE TO MISLEAD USE SOCIAL MEDIA OUTLETS TO COMMUNICATE DIRECTLY TO THE PUBLIC ABOUT A CRISIS The explosion of the Internet and especially social media has added a new layer to the business leader s skill set the ability to handle a crisis quickly and professionally within moments of its occurrence

Livelihoods depend upon it With in depth case studies of Toyota BP and Penn State Crisis Communications provides everything you need to successfully lead your company through today s rocky landscape of business where crises large and small loom around every corner and the lives of businesses and management teams hang in the balance PRAISE FOR STEVEN FINK S CRISIS MANAGEMENT Every major executive in America ought to read at least one book on crisis management In this way he or she might be better prepared to deal with the disasters striking organizations at an ever increasing rate The question is Is Steven Fink s book one that busy executives ought to read The answer is a resounding yes LOS ANGELES TIMES FRONT PAGE SUNDAY BOOK REVIEW

**Your Small Business Boom: Explosive Ideas to Grow Your Business, Make More Money, and Thrive in a Volatile World** Steven D. Strauss,2021-09-28 Learn how to thrive in even the most volatile economic climate with smart strategies from USA TODAY s top small business columnist Today s small business owners need all the tools they can get whether to grow their business and have it take off or simply to navigate and succeed in tough times In this engaging actionable book USA TODAY s senior small business columnist Steve Strauss provides you with an indispensable guide for creating your own small business boom Packed with the powerful strategies and chock full of explosive ideas Your Small Business Boom is your blueprint for how to thrive today Inside you will learn of a variety of affordable savvy strategies that you can use in your own businesses everything from finding and getting bigger clients to the secret of doing the opposite and from getting a million hits on your website to getting 100 000 social media followers With Strauss s expert advice you ll learn to Easily create a tribe of rock solid fans followers and customers Generate money while you sleep Use webinars podcasts live streaming and funnels to make your business boom Make social media really work for you by looking beyond likes Find bigger clients with bigger budgets or even better have them seek you out With smart practical tips and a healthy dose of upbeat can do optimism Your Small Business Boom is the book every small business owner could use right about now

**Strong: The Definitive Guide to Active Ageing** Jacqueline Hooton,2025-03-13 Step into a vibrant healthier future with Strong

**Mastering Instagram: A Step-by-Step Guide for All Ages and Devices** MR. BIG WEALTH,2023-09-07 Mastering Instagram A Step by Step Guide for All Ages and Devices is the ultimate resource to help you unlock the full potential of Instagram Whether you re a social media newbie or a seasoned user this comprehensive guide will take you through every step from setting up your account to mastering the latest features and strategies With easy to follow instructions and tips you ll be able to create stunning content engage with your audience and grow your presence on Instagram like never before Don t just use Instagram master it with our step by step guide

**A Good Mom's Guide to Making Bad Choices** Jamilah Mapp, Erica Dickerson,2023-05-02 The creators of the beloved podcast Good Moms Bad Choices challenge outdated notions of what being a good mother truly means inviting moms of all kinds to embark on a healing journey that unlearns old scripts about motherhood and shows that you can be a little bad and still do a lot of good for your kids and yourself They are everywhere on social media Images of perfect pleasant women with

perfect pretty children in perfect tidy homes the epitome of good moms But this model of motherhood is an illusion that far too many women either measure themselves against or simply cannot relate to in the first place Enter Jamilah Mapp and Erica Dickerson if you are sex positive cannabis friendly and love sharing NSFW stories with your fellow mom friends you're not doing anything wrong and you are definitely not a bad mother And Jamilah and Erica are your tribe These two best friends single mothers and creators of the Good Moms Bad Choices podcast are here to remind every woman that you can be a good mom despite not fitting the perfect mom standard In this much needed book part memoir part guide and part manifesto they bring the refreshing honesty and down to earth humor of their podcast to the stories of their own journeys as mothers offering women insight and tools they can use to recognize their own past traumas find a way to healing and break free from unrealistic expectations of what it means to be a good parent Jamilah and Erica take us through their own journeys as single mothers raising children being in and falling out of relationships making mom friends and ultimately finding themselves as they learned to redefine motherhood on their own terms Uncensored unapologetic empathetic and no holds barred A Good Mom's Guide to Making Bad Choices takes an unconventional and much needed approach to motherhood that recognizes that moms are vibrant sexual creative beings with needs and desires that deserve to be acknowledged and respected It's a breath of fresh air for all moms today

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## **Instagram Tips Introduction**

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