

Life After Birth

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Embark on the transformative journey of life after birth, a period filled with immense joy and unique challenges. This resource offers comprehensive insights into postpartum recovery, essential new parent tips, and practical advice for effectively adjusting to parenthood, ensuring a smooth transition into your new role.

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Life After Birth

Forget about the baby for just one minute; what about you? New motherhood changes everything. Few women are prepared for the radical shifts in identity, emotional intensity and relations with friends, family and the father of their child. In this fully revised and updated edition of the classic book that first bust the conspiracy of silence surrounding the upheaval of new motherhood, Kate Figs draws on medical and historical research, the invention of 'good' motherhood as well as personal testimony to reassure new mothers everywhere that they are not only normal if they find things difficult, but also doing fine.

Life After Birth

Life After Birth is your essential guide to the wide and diverse spectrum of motherhood. In this companion, Jessica Prescott and Vaughne Geary share their evidence-based approach to the lost but ever important art of caring for yourself as a mother, including recipes from their postpartum food delivery service Mama Goodness. They cover everything from herbal wisdom and nutritional support, to sleep and breastfeeding tips, communication tools, managing siblings, how to nourish your body, parent on your period, and so much more. A stunning hardback with full colour photography, Life After Birth will help you prepare, not just for the first six weeks following your birth, but for the months and years that follow. By tuning into your body, nourishing it, celebrating it and honouring the cyclical nature of womanhood, this book will help you thrive in your new role as a mother.

Life After Birth

Intimate stories from notable and influential women that celebrate the early stages of life and the start of motherhood. A book that changes the narrative about postpartum, Life After Birth illustrates what life is really like after birth—not just days and weeks later, but also years afterward. What is the transition to motherhood really like? From a parent in the military to a mother's pregnancy of 42 weeks, Life After Birth is filled with accounts of strength, resilience, and power. Every birth is a unique story. While

we tend to focus our attention on the arrival of a baby, in pregnancy parents are also introduced to a new self. Life After Birth reflects on the many physical changes as well as the myriad of feelings that are brought on by this transformation and the inseparable bond a new life brings. Revealing real experiences and raw emotions, this book is a celebration of life and a celebration of the human body.

Unspoken Truths about Life After Birth

The First Guide to Help YOU Get Through Life After Pregnancy: From the "Hospital Bed" to the "Rest of Your Life," this book is designed to help you understand and grow with the changes that occur in your life after your child is born. Topics Include: * Giving Birth and Hospital Care * Being a parent for the first time * At home with your new little one * Daycare choices and decisions * The Dreaded Back to Work * Breastfeeding and Pumping at Work * Best Buys, Good Tips and More * When your child is sick * Taking care of yourself first * Can your marriage survive? * This Is the Rest of Your Life All the information you NEEDED to know, but no one ever told you! Post Pregnancy, Tips for Survival, Marriage, and Day to Day Living are just a few of the topics covered in this wonderful, well written book about how your LIFE really is AFTER your child's BIRTH.

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The birth of a child can provoke profound change in a woman—in her health, career, emotions, sex life, and relationships with friends, husband and family. Pregnancy and childbirth radically alter a woman's body and metabolism—it's virtually impossible to "bounce back" quickly after childbirth. And many new moms discover that their sex lives and social lives—and with them, their self esteem—evaporate with a new baby, who they somehow seem to have been made wholly responsible for. Life After Birth doesn't cloak the truth in pastel colors, but explores the actual physical, psychological and emotional consequences of giving birth. Through extensive research and interviews, Figs tackles the tough realities of a new mother's life. What she discovered can help a new parent face some of the most difficult decisions she'll ever have to make.

Is There Life After Birth?

In snowy upstate New York, Ari, a struggling mother of a one-year-old, and Mina, a nine-months-pregnant woman who is new to town, become comrades-in-arms.

After Birth

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is really like after birth—not just days and weeks later, but also years afterward. What is the transition to motherhood really like? From a parent in the military to a mother's pregnancy of 42 weeks, *Life After Birth* is filled with accounts of strength, resilience, and power. Every birth is a unique story. While we tend to focus our attention on the arrival of a baby, in pregnancy parents are also introduced to a new self. *Life After Birth* reflects on the many physical changes as well as the myriad of feelings that are brought on by this transformation and the inseparable bond a new life brings. Revealing real experiences and raw emotions, this book is a celebration of life and a celebration of the human body.

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When Mel's husband Dan quits his job, life gets interesting. Especially since they are just about to move into a house they can't afford and take on two nubile lodgers from Eastern Europe. Welcome to the relentless carnival of sinister toddler groups, sleep deprivation, buggy rage, and competitive mums. Originally published: 2006.

Going Ga Ga

Going to school, hanging out with her friends, and being a normal teenager was all Summer knew until her fifteenth birthday changed her life forever. Nine months later, she was a mother and didn't even know the father of her baby. Overcoming embarrassment and depression, she made the decision to go on with her life and pursue the dreams she had before taking on the responsibilities of motherhood. In *Life After Birth*, Owens depicts the real-life struggles she faced as a teenage mother in hopes that her transparency will encourage and inspire other teenage and single mothers. By sharing how she managed to give her son the best childhood possible while at the same time finishing high school, combating emotional issues, graduating from college with honors, building a career and buying a house all as a young, single mother, she demonstrates that life doesn't have to end when a child is born to a teenager.

Life After Birth

"Life After Birth may be currently classified as the most authoritative document ("the bible"?) about the fourth trimester". -Michel Odent, MD "Diane's book is a refreshing and wide-ranging look at the all-important, and vastly underrated fourth trimester. I hope it's widely read by parents-to-be well before they encounter the challenges that have been culturally overlooked for so long." -John W. Travis, MD, MPH, co-author, *Wellness Workbook* "Diane Speier has written a book I wish had been available when I had my three children many years ago. This is a book whose time has come; actually, has been overdue! I consider her knowledge, her experience, and her research presented with clarity, skill, and compassion as essential information for every woman expecting a baby. I feel privileged to write this foreword. I have known Dr. Speier for about 35 years and have admired her superb programs dealing with the needs of women during pregnancy, birth, and the postpartum period. She has the expertise of not only having lived the experience of parenting herself but has created hundreds of programs for other mothers and families, and researched this period of life for her PhD, developing a deep understanding. This book has incorporated a whole new level of information made palatable, easily taken in, digested, and available to new birthing families." -Phyllis Klaus LMFT, LMSW Having a baby is a game changer. The mix of emotions is intense - life is exciting and frightening, exhilarating and exhausting, blissful and stressful. Knowing what to expect and how to handle the changes relieves feelings of anxiety and apprehension, so you can feel confident and competent as you optimize your time during the fourth trimester. Although the transition to parenthood will transform your lives, as individuals and as a couple, there's a real gap in practical information on how to successfully steer through the early days and weeks of the postpartum period. This book addresses the gap with up to date holistic knowledge and resources for empowering the whole family, with a purposeful emphasis on the mother's wellbeing. The important topics that are covered include: -The fourth trimester -Hormones -Breastfeeding -Bonding and attachment -The partner relationship -Maternity leave /going back to work -Father's/partner's lived experience *Life After Birth: A Parent's Holistic Guide for Thriving in the Fourth Trimester* is the first book to apply energy medicine to the postpartum period, with techniques that make it a perfect strategy for managing the energy lows of the fourth trimester. These techniques become powerful self-care strategies for handling the intense day to day responsibilities of newborn parenting. Dr. Diane S. Speier has been a birth and postpartum professional for 40 years in both the U.S. and UK, starting as a certified childbirth educator and doula in 1978. She is dedicated to helping new mothers move through the postpartum period, offering groups, workshops and classes for mothers and babies for 20 years. Her

PhD in Women's Studies (University of Manchester, UK, 2002) was a feminist exploration of women's experience of childbirth. Diane is a practicing holistic psychotherapist and hypnotherapist, specializing in perinatal psychology, perinatal mood and anxiety disorders, and recovering from birth trauma. Diane is the mother of four children, and the grandmother of three grandchildren (and step-mother and step-grandmother), and lives in the North West of England.

Your Life After Birth

'An absolute treasure trove on women's physical and mental postnatal health' Milli Hill, author of *Give Birth Like A Feminist* and *The Positive Birth Book* 'Brilliant' Clover Stroud 'Essential reading for all parents to be' Marina Fogle 'Helpful, honest and humorous - which is exactly what we all need after birth' Ross J. Barr, acupuncturist and women's health expert While there is a wealth of advice for new mums on caring for their babies the same is not true for postpartum health. Fulfilling this vital need, *After Birth* is the ultimate postnatal primer for women facing changes to their bodies after having a baby. Addressing issues great and small - from hair loss and stretch marks, to bladder and bowel leaks, painful sex, diastasis recti and mental health - researcher and writer Jessica Hatcher-Moore brings together straight-talking advice on preparation for childbirth, healing, and recovery in the weeks, months and even years that follow. She also offers insights for partners, whose role is often overlooked at this critical time. Blending knowledge from the full spectrum of modern and traditional therapies with honest experiences from mothers, here is balanced advice with no agenda. Taking a broad look at what we can do for ourselves at home, and also when to seek expert help, *After Birth* will reassure, inform and empower women to reclaim their post-birth bodies.

Life After Birth

Life After Birth is an eloquent, intensely personal collection of columns that Edmonton Journal writer Elizabeth Withey penned during her first year of motherhood. Brave, original and very funny, these 33 stories capture the culture shock that is being a new parent. Withey's love for her son, and the written word, shows as she covers a range of topics: an emergency C-section, breastfeeding gaucherie, formula guilt, marital conflict, new parent nookie, pool blowouts, road travel, air travel, mountain getaways, pet heartbreak, sleep deprivation, sleep training, postpartum depression, that first day of daycare, even a trip to the dump to see where disposable diapers go to die.

After Birth

Provides essential advice for adjusting to the many challenges facing women during the first year after giving birth. • Offers practical tips for finding balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self. • Provides helpful herbal tips and recipes and includes gentle yoga exercises. • Addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. • By the author of *The Natural Pregnancy Book* and *Vaccinations: A Thoughtful Parent's Guide*. New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements, and relationships. Midwife, herbalist, and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum period, coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule, and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one. *Natural Health after Birth* also addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humor and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self.

Life After Birth

This is a life-changing book for those who like to be able to accompany and guide their children lovingly through their time in the womb. In this book, you will learn how the experiences and environment of the womb prepare you for life after birth. You will discover: - How to re-experience for yourself the pain and the beauty of your pre-birth experience - That life before birth is not all easy, just as life after birth is not all easy-and the stresses of the womb are absolutely necessary for survival - How to heal and

transform womb trauma from events such as conception and birth - How to heal negative effects of the womb environment arising from emotional stress, beliefs, food, drugs, or physical circumstances experienced by your mother.

Maternal Impressions

It's obvious why only men develop prostate cancer and why only women get ovarian cancer. But it is not obvious why women are more likely to recover language ability after a stroke than men or why women are more apt to develop autoimmune diseases such as lupus. Sex differences in health throughout the lifespan have been documented. Exploring the Biological Contributions to Human Health begins to snap the pieces of the puzzle into place so that this knowledge can be used to improve health for both sexes. From behavior and cognition to metabolism and response to chemicals and infectious organisms, this book explores the health impact of sex (being male or female, according to reproductive organs and chromosomes) and gender (one's sense of self as male or female in society). Exploring the Biological Contributions to Human Health discusses basic biochemical differences in the cells of males and females and health variability between the sexes from conception throughout life. The book identifies key research needs and opportunities and addresses barriers to research. Exploring the Biological Contributions to Human Health will be important to health policy makers, basic, applied, and clinical researchers, educators, providers, and journalists-while being very accessible to interested lay readers.

Natural Health after Birth

Join us to learn how to juggle this time of emotional ups and downs, of changing relationships, habits, and priorities. No matter how your baby came into the world, you're indisputably handling a lot more than you used to. We'll provide you with the tools you need to ace the fourth trimester, making your postnatal adjustment smoother, easier, and more enjoyable.

Life After Birth

Many women know they need to take extra care of their health during pregnancy. But if you know you want to try to have a baby, it's a good idea for you and your partner to start making some changes about 6 months before you actually get pregnant. Would you like to be able to accompany and guide your children lovingly through their time in the womb? If your answer is "Yes!"

Life Before Birth

Appealing to reason rather than religious belief, this book is the most comprehensive case against the choice of abortion yet published. The Ethics of Abortion critically evaluates all the major grounds for denying fetal personhood, including the views of those who defend not only abortion but also infanticide. It also provides several (non-theological) justifications for the conclusion that all human beings, including those in utero, should be respected as persons. This book also critiques the view that abortion is not wrong even if the human fetus is a person. The Ethics of Abortion examines hard cases for those who are prolife, such as abortion in cases of rape or in order to save the mother's life, as well as hard cases for defenders of abortion, such as sex selection abortion and the rationale for being "personally opposed" but publically supportive of abortion. It concludes with a discussion of whether artificial wombs might end the abortion debate. Answering the arguments of defenders of abortion, this book provides reasoned justification for the view that all intentional abortions are morally wrong and that doctors and nurses who object to abortion should not be forced to act against their consciences.

Exploring the Biological Contributions to Human Health

Using Scripture and personal narrative, *Courageously Expecting* empathizes with and empowers women to face a pregnancy after loss with faith and courage, despite inevitable feelings of grief and fear that accompany life after losing a baby. Pregnancy is widely regarded as the most joyful time in a woman's life, but for the mother who has experienced pregnancy loss, a subsequent pregnancy can feel like she's holding her breath and hoping for what she can't control. In *Courageously Expecting*, Jenny Albers meets women in this difficult season as someone who has also experienced the worst and cautiously hoped for the best. Through the telling of her own story, Scripture, and heartfelt prayer, she encourages readers to cling to faith in the face of fear and guides them to cultivate hope when doubt weighs heavy; realize that the past does not dictate the present or the future and that God creates a

way in the wilderness of grief and loss; flip the script on the what-if, worst-case-scenario narrative in their minds and learn to take their thoughts captive; and find the courage to humble themselves and ask for and accept help from others. Regardless of where readers are on their pregnancy after loss journey, *Courageously Expecting* is a companion to help them through the days when fear overshadows hope.

Acing The Fourth Trimester

Many women know they need to take extra care of their health during pregnancy. But if you know you want to try to have a baby, it's a good idea for you and your partner to start making some changes about 6 months before you actually get pregnant. Would you like to be able to accompany and guide your children lovingly through their time in the womb? If your answer is "Yes!"

Child Life

From herbal tips to yoga exercises, this complete guide to postpartum wellness provides essential advice for adjusting to the many challenges facing women during the first year after giving birth.

Protect Your Baby

The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care through the lens of these factors across multiple disciplines. *Birth Settings in America: Outcomes, Quality, Access, and Choice* reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

The Ethics of Abortion

It's never too late to be BORN WHOLE You can be BORN WHOLE Do you feel grief or heaviness when you consider the time before you were born? Do you sense that your mother's thoughts and emotions affected you then and throughout your life? If your answer is "Yes!"

Courageously Expecting

Everything you need to know about caring for your new baby, from feeding to sleeping and everything in between - every parent's new best friend. 'Cath Curtin is the newborn baby guru! A calming voice, a gentle hand and a wealth of knowledge during one of the most incredible but terrifying times of your life - new parenthood. To have Cath's support after the birth of my first son was invaluable and I don't know how I would have done it without her!' Rebecca Judd Cathryn Curtin has delivered more than 10,000 babies over the last 40 years, so she understands how the first six weeks of a baby's life are vital for establishing habits that help create a healthy, happy routine for your baby and a loving lifelong bond between you and your child. In this practical and easy-to-use guide, Midwife Cath covers all aspects of a newborn's first weeks, from caring for your baby to coping with the sudden emotional and physical changes of new parenthood. By following her brilliant bath, bottle and bed routine, you'll enjoy a deep sleep for up to five hours in these demanding early weeks while your partner has some precious one-on-one time with your child. These first weeks of a baby's life can be a challenge for any new parent. Midwife Cath's invaluable experience and wisdom will guide you through them as well as help you establish a routine that will ensure a healthier, happier baby and better-rested and more confident parents.

Baby Born

Paul presents an in-depth examination of how personalities are formed by biological, social, and emotional factors.

Natural Health After Birth

'As I worked through the chapters, I felt as if I were picking up pieces of myself again. An incredible book!' Kelechi Okafor 'I wish I could gift every woman this book!' Anna Mathur 'Wonderful, warm and engaging.' Hollie de Cruz Whether your birth plan got thrown out of the window or the birth was straightforward on paper, childbirth and early parenthood are some of the most transformational experiences you can ever undertake, and yet so often we aren't afforded the time and space to reflect and reframe those experiences. The pressure to adjust, to be ok, to ignore any difficult emotions and to get on with it can be stifling. The Birth Debrief is here to help. In her work as a midwife specialising in post-partum recovery and care, Illiyin facilitates birth debriefs, seeking to empower women and birthing people of all backgrounds to take control of their experiences, feel seen and centred in their pregnancies and births, normalising conversations around birth trauma and healing and examining the nuances that are associated with it. Time and time again, it is the lack of advocacy, autonomy, control or consent, rather than the physical aspect of the birth that lingers and informs parenthood. The Birth Debrief will offer practical solutions to navigating pregnancy and transitioning into postpartum life, well beyond those first six weeks.

Birth Settings in America

Highly praised by expectant parents and childbirth educators alike, this comprehensive pregnancy reference (704 pages) is specifically designed for today's hurried moms (and dads) for getting them through pregnancy and early baby care. Numerous navigation aides in the volume help parents to rapidly access critical information. The beautifully-illustrated, Your Pregnancy Week-by-Week section details every body change for both Mom and Baby for nine months with hundreds of timely coping tips. The Managing Your Pregnancy section includes: strategies for planning maternity leave; exercise guidelines; what to eat and what to avoid; safe and unsafe medications; and how to locate the best childcare and pediatricians. The illustrated Baby Gear Guide warns about unsafe products and offers solid, research-based facts for choosing the safest car seats, cribs, soft carriers, baby diapers and clothing. Your Guide to Giving Birth is the most up-to-date labor and birth resource available to parents today. Based on brand-new medical evidence, it helps families to realistically plan for labor and delivery, including detailed "you are there" descriptions for every major intervention and medication they're likely to encounter -- such as epidurals, inductions and cesarean sections. You and Your Baby presents a complete guide for the first six months of life after birth. There's mom-friendly advice for post-birth recovery, and baby-sensitive care strategies for feeding, bathing, diapering, soothing and helping a baby to sleep. The book's Resource Guide lists over 100 of the best Internet sites for parents. The comprehensive Pregnancy Dictionary translates 200-plus pregnancy and medical terms into easy-to-understand lay language. "I have this book as well as What to Expect When Expecting, and I find this book to be so much better as it gives a week to week breakdown of what is happening to both mom and baby. I pick up this book each week as my pregnancy progresses and even though not every issue listed in each weeks summary necessarily happens to me, its good to know what I could expect. I would highly recommend this book to any expecting mom!" -- Cynthia, an expectant mother "If you are searching for one book for your pregnancy or for that one book to refer all of your expectant clients to, this book is by far the greatest achievement in childbirth education reading material! Sandy Jones and her daughter Marcie Jones have included absolutely everything an expectant woman and her family needs to know. This book should be on everyones recommended reading list"--Connie Livingston, BS, RN, FACCE (Dona), CCE, CLD, birthsource.com "Great Expectations is the perfect resource for moms-to-be. Sandy and Marcie Jones speak to the expectant mother of today in a friendly, approachable tone, and present their thorough information in a way thats great for both quick look-ups, and in-depth reading."--Stacia Ragolia, VP, Community & Parenting, iVillage.com "Accurate, comprehensive, empowering, and current. I see this as being the new Dr. Spock for pregnancy...This is definitely a book I will recommend to my clients who are planning a pregnancy or currently pregnant."--Cherie C. Binns, RN, BS, MSCN

Born Whole: Heal Your Pre-birth Trauma. Guide and Protect Your Baby from Conception to Birth.

Attorney Kali Miller has it all and is determined to keep it that way. She can juggle motherhood, career and marriage, no problem! But after baby Harry arrives, and husband Matt 'helpfully' hires Britta, a gorgeous Swedish nanny, Kali's well-planned life takes a sharp detour. Sleepless, confused and paranoid, but still juggling madly, Kali feels her law partnership slipping away, along with her little family. A disgruntled client is out to get her, the top brass at her firm see Kali as a breast-feeding liability, and Matt has some mysterious 'history' with Britta he's never bothered to share. They say a woman's work is never done, but just what sort of work is it, anyway?

The First Six Weeks

In this riveting anthology 32 of the world's foremost spiritual leaders teachers and scientific researchers share the many ways we can experience the soul. Some of the topics they discuss include meeting the unborn souls of future children, receiving communications from the souls of loved ones who have passed over soul travel into realms of light during a near death experience and much more.

Origins

The perfect Mother's Day gift: a poetry collection about pregnancy, childbirth and parenthood Nothing transforms our lives like parenthood -- and Kate Clanchy's intimate, daring sequence of poems maps the switchback ride of human emotions from conception through to the first years of a new life. Clanchy's most powerful and accomplished book of poetry to date, *Newborn* will delight her many admirers. This frank but ultimately celebratory account of the most extraordinary event in our shared experience is a must for parents -- and parents-to-be -- everywhere. 'A sparkling, tender, totally unsentimental study' *Financial Times*

Transformed by Birth

"This book describes and affirms the wide range of experiences and emotions that can follow a life-limiting prenatal diagnosis. It offers encouragement and practical ideas for moving forward, including guidance for decision-making, strategies for coping with the remainder of your pregnancy, and ideas for nurturing and being with your baby, before and after birth and death. This book also describes the concept of perinatal hospice and palliative care, which is a well-established way of supporting parents whose babies are expected to die before or shortly after birth"--

The Birth Debrief

As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschiweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

Great Expectations

WOMAN's WORK Is There Life After Birth?