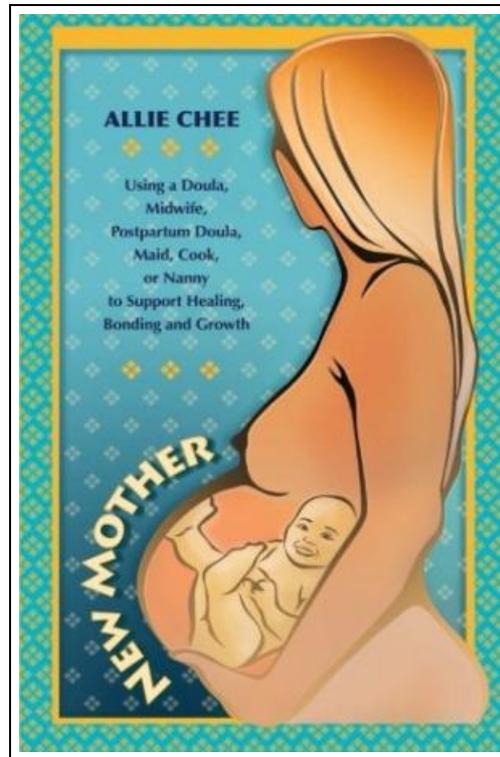


New Mother: Using a Doula, Midwife, Postpartum Doula, Maid, Cook, or Nanny to Support Healing, Bonding, and Growth (Paperback)



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Reviews

This is the best book i have read until now. It can be filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Nadia Konopelski)

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Commonwealth Communications, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.New Mother. Reclaim the magic in motherhood! It is possible to have it all: a more natural birthing experience; fun, relaxing family time; time to care for yourself; time to take care of your home; and the ability to choose whatever vision you hold for your experience of childbirth and motherhood. That's not what we've been told, taught, or empowered to do. until now. There's more to pregnancy, childbirth, and postpartum than what is usually discussed in literature and doctors' offices: the next problem, pain, or procedure! New Mother offers a delightful, clear vision for reclaiming the beauty and sacred nature of pregnancy and parenthood. This how-to is divided into three parts: Part 1- Pregnancy Labor and Delivery explains how with the help of a midwife and/or doula even a hospital birth can be--once again--the magical, loving, experience it already is naturally. Part 2: Postpartum discusses the importance of rest and nutrition for the first 30-40 days postpartum: the -sitting moon- of Traditional Chinese Medicine, which is practiced in various ways by many cultures around the world. It offers detailed instruction for finding a postpartum doula, and an in-depth outline of the services one should expect. Part 3- Raising an Infant: addresses the continued need for help in a family with an infant. The first year of the baby's life can be the most magical--and enervating. The energy loss can tax the family and compromise the joy, the healing, and the bonding that can be experienced otherwise. In times and places of -villages- help for the new family came from extended family and neighbors. Most people in the States today will not be able to count on that...

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