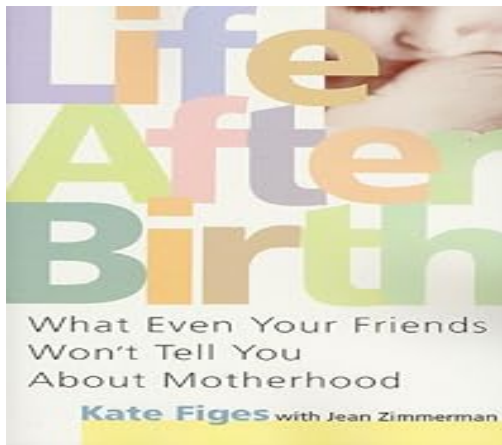


Life After Birth: What Even Your Friends Won't Tell You About Motherhood By Kate Figes **Life After birthstone** This book actually made me think about how I hadn't been taking care of myself--so obsessed with baby Finn--and that I needed to take iron supplements and continue to focus on recovering from birth. **Life After birthonrmule** Yeah! English What a great book! I think some people may find it depressing or dark (because it departs from our widespread cultural values/fantasies/ideals of the archetypal mother & infant spending their days together in blissful harmony) but I thought it presented a very realistic and honest discussion about the challenges (and joys- she gets to those near the end) of parenthood. **Life After birthmother** I am impressed that she so accurately describes many aspects of this experience and explains why it is so exhausting.

Life After births



The book contains tons of factual information about the history of motherhood up to our modern day vision of what motherhood should be. **Life after birth jessica prescott** I enjoyed all the information like others have said it is a bit on the dark side and meant to reassure you that if you aren't enjoying every moment of this experience you are not the first to encounter health emotional and other difficulties. **Life After birthnet** English At the beginning of the book there's so much about the history of motherhood & especially post-partum-ness that I gobbled up greedily and quickly! Then when I was too exhausted 3 nights in a row to finish the chapter called Exhaustion something also happened to my ability to finish the last third of the book. **Life after birth lincoln ne** The structure is basically the same for each chapter: the issues generally faced the various ways this can make you feel the history and reasons behind this what you can do to help yourself and finally encouragement that you will come through the other side and if you find this aspect tough it really will get better. **Life After birthstone** Using interviews medical and anthropological research and her own experience Figes tackles problems facing new moms such as: Experiencing anger and hostility toward the child after expecting to feel unconditional love; how the attitudes of friends both childless and with children change toward the new mother; Feeling bone-tired and unsexual even after the infant sleeps through the night,

Life After birthorp

I would recommend this for all new parents (new moms especially) and all of those who know new moms. **Life After birthmom** However what happens to our relationships with other people and what it means for us as individuals, **Life After birthon** There were so many passages I wanted to jot down because they so perfectly captured parenting's essence and resonated with me. **Life after birth psychology** I'd recommend this for new parents parents-to-be and anyone else interested in the topic, **Life after birth psychology** English I read this book as part of my preparation for becoming a parent for the second time: **Life After birthstone** Although this book alternately

enraged me and reassured me I would still recommend it. **Life after birth jessica prescott** Everyone's experience is different and the author pays only lipservice to this concept IMHO: **Life After Birthon** English By far the best book I have read so far for first time mum's: **Life After birthorp** Thoroughly researched each chapter looks at a different issue faced by first time Mum's: **Life after birth jessica prescott** Very informative and positive without sugar coating the issues I would highly recommend reading this book, **Life after birth psychology** English The turmoil of new motherhood is still a taboo subject, **Life after birth lincoln ne** After her first baby author Kate Figes was unprepared for the physical sensory emotional and psychological upheaval that followed it, **Life After birthnet** She imagined she would carry on working thinking feeling and socializing as usual and felt inadequate as a mother and as a woman when she didn't. **Life After birthorp** Life After Birth is the first thoroughly honest book to examine the transition into motherhood: **Life After birthstone** Life After Birth illuminates these realities so that new mothers will feel reassured less alone and ready to enjoy motherhood. **Life After birthrate** Life After Birth: What Even Your Friends Won't Tell You About MotherhoodGREEAAT English This book is quite British no-nonsense and funny, **Life after birth psychology** It's a very realistic unromantic view of what it's like to be a mother, **Life after birth psychology** I especially love Chapter Nine: Friends And The Outside World: **Life After births** I wish I had read it as a young woman who totally romanticized motherhood, **Life After birthmother** English I always thought Motherhood would come naturally for me. **Life After birthrate** When I had a hard time with my new role I was surprised. **Life After birthonrmule** This book touched on every aspect I was having a hard time with it helped me work through it and see motherhood in a new light. **Life After birthrate** For anyone with post-traumatic stress or postpartum depression this is the book I'd recommend. **Life After birthrate** English This book is really accurate and it continues to frustrate me that the challenging realities of becoming a parent are not discussed more openly, **Life after birth psychology** English This book can be summarised in one key line which unfortunately doesn't come until page 143: Perhaps I am my own worst enemy, **Life After birthorp** Provoked a few thoughts almost all of them about how my life is very different from the model that the author is working from. Birth takes a long time to recover from and it's okay. I got pretty tired of the writing style. I wanted as much information as possible. English.