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By Month Guide To Pregnancy

***My Moms Having A
Baby A Kids Month
By Month Guide To
Pregnancy Concept
Book***

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**My Mom's Having a
Baby! Turtleback Books**

**Baby care book for parents of
babies 0-6 months**

**Who was your mother before she
was a mother? Essays and photos
from Brit Bennett, Jennifer Egan,**

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Danzy Senna, Laura Lippman, Jia Tolentino, and many more. In this remarkable collection, New York Times bestselling novelist Edan Lepucki gathers more than sixty original essays and favorite photographs to explore this

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**question. The daughters in
Mothers Before are writers and
poets, artists and teachers, and the
images and stories they share
reveal the lives of women in ways
that are vulnerable and true,
sometimes funny, sometimes sad,**

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**and always moving. Contributors
include: Brit Bennett * Jennine
Capó Crucet * Jennifer Egan *
Angela Garbes * Annabeth Gish *
Alison Roman * Lisa See * Danzy
Senna * Dana Spiotta * Lan
Samantha Chang * Laura**

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**Lippman * Jia Tolentino * Tiffany
Nguyen * Charmaine Craig *
Maya Ramakrishnan * Eirene
Donohue * and many others
Eleven-year-old Arlie is troubled
by the sudden arrival of a new girl
in school with an uncanny**

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resemblance to Arlie's mother, a woman who rarely praises her.

**Supporting Parents of Children
Ages 0-8**

My Mom Loves Me!

**A Feminist Journey Through the
Science and Culture of Pregnancy**

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The Fourth Trimester

My Mom Had An Abortion

Keepsake Pregnancy Journal and

Memory Book for Mom and Baby

A Healing Guide to the Secret

Fears of New Mothers

A provocative and deeply

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important study of women's lives, women's choices—and an 'unspoken taboo'—that questions the societal pressures forcing women into motherhood Women who opt not to be mothers are

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frequently warned that they will regret their decision later in life, yet we rarely talk about the possibility that the opposite might also be true—that women who have children might regret it.

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Drawing on years of research interviewing women from a variety of socioeconomic, educational, and professional backgrounds, sociologist Orna Donath treats regret as a feminist issue: as regret marks

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the road not taken, we need to consider whether alternative paths for women currently are blocked off. She asks that we pay attention to what is forbidden by rules governing motherhood, time, and

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emotion, including the cultural assumption that motherhood is a “natural” role for women—for the sake of all women, not just those who regret becoming mothers. If we are disturbed by the idea

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that a woman might regret becoming a mother, Donath says, our response should not be to silence and shame these women; rather, we need to ask honest and difficult questions about how society pushes

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women into motherhood and why those who reconsider it are still seen as a danger to the status quo.

Groundbreaking, thoughtful, and provocative, this is an especially needed book in our

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current political climate, as women's reproductive rights continue to be at the forefront of national debates.

Over 90 percent of new mothers will have scary, intrusive thoughts about their

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baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore.

Gosh, I'm so terrible for thinking that! Yet for too many

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mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel

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better! Author Karen
Kleiman—coauthor of the
seminal book *This Isn't What I
Expected* and founder of the
acclaimed Postpartum Stress
Center—comes to the aid of
new mothers everywhere with

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a groundbreaking new source of hope, compassion, and expert help. Good Moms Have Scary Thoughts is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from

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the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for

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busy moms with full plates,
Good Moms Have Scary
Thoughts is the go-to resource
for moms, partners, and
families everywhere who need
help with this difficult period.
Your guide to the emotions of

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pregnancy and early
motherhood, from two of
America's top reproductive
psychiatrists. When you are
pregnant, you get plenty of
advice about your growing
body and developing baby. Yet

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so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it

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normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by

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"mommy brain?" In What No
One Tells You, two of
America's top reproductive
psychiatrists reassure you
that the answer is yes. With
thirty years of combined
experience counseling new

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and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a

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mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more

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kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

Krys Malcolm Belc's visual

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memoir-in-essays explores
how the experience of
gestational
parenthood—conceiving,
birthing, and breastfeeding his
son Samson—eventually
clarified his gender identity.

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Krys Malcolm Belc has thought a lot about the interplay between parenthood and gender. As a nonbinary, transmasculine parent, giving birth to his son Samson clarified his gender identity.

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And yet, when his partner, Anna, adopted Samson, the legal documents listed Belc as “the natural mother of the child.” By considering how the experiences contained under the umbrella of “motherhood”

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don't fully align with Belc's own experience, The Natural Mother of the Child journeys both toward and through common perceptions of what it means to have a body and how that body can influence

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the perception of a family. With this visual memoir in essays, Belc has created a new kind of life record, one that engages directly with the documentation often thought to constitute a record of one's

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life—childhood photos, birth certificates—and addresses his deep ambivalence about the “before” and “after” so prevalent in trans stories, which feels apart from his own experience. The Natural

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Mother of the Child is the story of a person moving past societal expectations to take control of his own narrative, with prose that delights in the intimate dailiness of family life and explores how much we

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can ever really know when we
enter into parenting.

The Ultimate Guide to Black
Pregnancy & Motherhood
From Mom to Me Again
Regretting Motherhood
My Mother Is So Smart

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My Mom's Having a Baby!
Healthy Mom, Healthy Baby (A
March of Dimes Book)

Finding Family and a Way
Forward in the Appalachian
Mountains

Celebrate Pride every day with

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this adorable board book for the babies and toddlers of gay fathers, featuring a variety of diverse, loving families with two dads. Families with same-sex parents are celebrated in this board book that follows busy

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dads and their kids throughout their day—eating breakfast, getting dressed, heading out to the park, and settling back in at night with a bubble bath and a good-night lullaby. LGBTQ+ parents and their friends and

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families will welcome this
inclusive and cheerful book that
reflects their own lives and family
makeup. With artwork by
acclaimed fashion illustrator Izak
Zenou, this is a stylish, smart,
humorous, family-focused book

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that will have babies and their two dads giggling as they enjoy it together. It's an ideal baby-shower and first-birthday gift. And look for its companion board book, *My Two Moms and Me*. In this inspiring book, Harvard-

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trained child and adult
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psychiatrist and expert in human
motivation Dr. Shimi Kang
provides a guide to the art and
science of inspiring children to
develop their own internal drive
and a lifelong love of learning.

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Drawing on the latest neuroscience and behavioral research, Dr. Kang shows why pushy “tiger parents” and permissive “jellyfish parents” actually hinder self-motivation. She proposes a powerful new

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parenting model: the intelligent, joyful, playful, highly social dolphin. Dolphin parents focus on maintaining balance in their children ' s lives to gently yet authoritatively guide them toward lasting health, happiness, and

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success. As the medical director for Child and Youth Mental Health community programs in Vancouver, British Columbia, Dr. Kang has witnessed firsthand the consequences of parental pressure: anxiety disorders, high

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stress levels, suicides, and
addictions. As the mother of
three children and as the
daughter of immigrant parents
who struggled to give their
children the “ best ” in life—Dr.
Kang ’ s mother could not read

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and her father taught her math while they drove around in his taxicab—Dr. Kang argues that often the simplest “benefits” we give our children are the most valuable. By trusting our deepest intuitions about what is best for

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our kids, we will in turn allow them to develop key dolphin traits to enable them to thrive in an increasingly complex world: adaptability, community-mindedness, creativity, and critical thinking. Life is a journey

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through ever-changing waters,
and dolphin parents know that
the most valuable help we can
give our children is to assist
them in developing their own
inner compass. Combining
irrefutable science with

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unforgettable real-life stories,
The Dolphin Way walks readers
through Dr. Kang ' s four-part
method for cultivating self-
motivation. The book makes a
powerful case that we are not
forced to choose between being

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permissive or controlling. The third option—the option that will prepare our kids for success in a future that will require adaptability—is the dolphin way. Growing Up Just Got Easier... With the help of Angus, the

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lovable Answer Dog, best-selling author Heidi Murkoff extends a hand to children and parents as they tackle life's first experiences together. Congratulations -- you're having another baby! You're excited and a little

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nervous, but most of all you're wondering how you're going to explain this miraculous, but complex, process to your older, but still very young, child. We're here to help you answer your child's questions about how a

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baby is created, how it grows,
and how it comes out to join the
family. Have fun!

What to Expect When You ' re
Black, Pregnant, and Expecting

“ This book stands as the modern-
day guide to birthing while

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Black.” Angelina Ruffin-
Alexander, certified nurse
midwife, owner of Touch of Osun
Midwifery Services #1 New
Release in Pregnancy &
Childbirth and Minority
Demographic Studies, Medical

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Ethics, and Women's Health
Nursing Written with lighthearted
humor and cultural context, Oh
Sis, You ' re Pregnant! discusses
the stages of pregnancy, labor,
and motherhood as they pertain
to pregnant Black women today.

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Tailored to today ' s pregnant
Black woman. In the age of
social media, how do pregnant
women communicate their big
announcement? What are the
best protective hairstyles for
labor? Most importantly, how

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many pregnancy guides focus on
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issues like Black maternal birth
rates and what it really looks like
to be Black, pregnant, and single
today? Written for the modern
pregnant Black woman, Oh Sis,
You ' re Pregnant! is the essential

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what to expect when you're
expecting guide to understanding
pregnancy from a millennial
Black mom ' s point of view.
Interviews, stories, and advice
for pregnant women. Written by
Black Moms Blog founder,

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Shanicia Boswell, *Oh Sis, You're Pregnant!* tackles hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, and motherhood, and lessons

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learned as a mother at twenty-
two, Oh Sis, You ' re Pregnant!

focuses on the common
knowledge Black pregnant
mothers should consider when
having their first baby. It also
shares topics beneficial to

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pregnant Black women on their second, third, or fourth born.

Inside you ' ll find answers to questions like, how:

- Do I financially plan for my birth?
- Can I maintain my relationship and friendships during

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motherhood? • Will I self-
advocate for my rights in a world
that already views me as less
than? If you enjoyed books like
Medical Apartheid, 50 Things To
Do Before You Deliver, The
Girlfriends' Guide to Pregnancy,

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or Birthing Justice, then you 'll
love Oh Sis, You 're Pregnant!
How The Motherhood
Experience Changes You
Forever
A 40-Week Devotional Journey
Through Your Pregnancy

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A Guide to Your Emotions from
Pregnancy to Motherhood

My Two Moms and Me

The Dolphin Way

Hill Women

The Natural Mother of the Child

Children explore how their

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mothers have careers but
also have the job of taking
care of them.

"What a gift to new and
expecting moms. You have no
idea the mountain and
rollercoaster you're about
to embark on, but Nurture

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somehow gives you a peek in
and gives you essential
information to help ground
you." -Catherine McCord,
founder of Weelicious and
One Potato A comprehensive
and judgement-free pregnancy
companion: Nurture is the

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only all-in-one pregnancy
and birthing book for modern
mothers-to-be and their
partners who want a more
integrative approach. Author
Erica Chidi Cohen has
assisted countless births
and helped hundreds of

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families ease into their new
roles through her work as a
doula. Nurture covers
everything from the
beginning months of
pregnancy to the baby's
first weeks. This empowering
book includes: • Supportive

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self-care and mindfulness
exercises, trimester-
specific holistic remedies,
nourishing foods and recipes
for every month of
pregnancy, and expert tips
for every birth environment.

- More than 40 charming and

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helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or

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birth center birth, the
basics of breastfeeding,
tips on what to expect
postpartum, and more.

Nurture is an all-inclusive
pregnancy and birthing guide
book that gives soon-to-be
mothers and their partners

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the information they need to
make decisions, feel
confident, and enjoy the
beauty of creating new life.
Nurture is a thoughtful and
helpful gift for expecting
mothers and their partners.
Erica Chidi is co-founder

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and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and

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health education practice in
Los Angeles and has been
featured in Women's Health,
Vogue, Goop, The Cut and
Marie Claire.

Expert, practical advice for
complete mental and physical
maternal health Kate Rope's

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Strong as a Mother is a practical and compassionate guide to preparing for a smooth start to motherhood. Everyone knows the secret to having "the Happiest Baby on the Block." This is your guide to being the Sanest

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Mommy on the Block. It will prepare you with humor and grace for what lies ahead, give you the tools you need to take care of yourself, permission to struggle at times, and professional advice on how to move

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through it when you do. This book will become a dog-eared resource on your nightstand, offering you the same care and support that you are working so hard to provide to your child. It will help you prioritize your

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emotional health, set
boundaries and ask for help,
make choices about feeding
and childcare that feel good
to you, get good sleep,
create a strong relationship
with your partner, make self
care an everyday priority,

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trust your instincts, and actually enjoy the hardest job you will ever love. This book is here to take care of you.

Narrated by a yet-to-be-born baby, *You're Going to Be My Mom!* explores the expectant

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mother's journey through her
nine months of pregnancy as
she becomes attuned to her
own body, her growing baby
and her loving Creator. Dr.
Rivera weaves scientific
knowledge with biblical
truths and shows how the new

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mother can be "born again"
with the birth of her child.

You're Going to Be My Mom!

The Birth Of A Mother

A Research-Based Guide to
Your Baby's First Year

A Modern Guide to Pregnancy,
Birth, Early Motherhood—and

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Trusting Yourself and Your
Body

Children on Mothers

Mothers and Others

Strong As a Mother

***Your kids will enjoy this classic
story even more in this beautiful
Read & Listen edition. A baby***

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bird is hatched while his mother is away. Fallen from his nest, he sets out to look for her and asks everyone he meets—including a dog, a cow, and a plane—"Are you my mother?" This ebook includes Read & Listen audio

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narration.

*Healthy Mom, Healthy Baby is
the ultimate pregnancy guide.
Authors Siobhan Dolan, M.D.,
and Alice Lesch Kelly offer clear,
friendly, authoritative, and
essential advice, based on the*

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***latest research and findings,
empowering mothers-to-be and
new moms with more
information and positive steps
than have even been available
before to ensure both a healthy
pregnancy and a healthy, happy***

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***newborn. Supported and
sponsored by the March of
Dimes—one of America's largest,
most widely recognized non-
profit organizations and the
country's #1 most trusted
source of health information for***

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***parents, according to a 2011
Gallup Poll—Healthy Mom,
Healthy Baby is a must-read for
all mothers-to-be.***

***A candid, feminist, and personal
deep dive into the science and
culture of pregnancy and***

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motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best?

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Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and

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even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and

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***cultural attitudes that surround
motherhood to find answers to
questions that had only
previously been given in the
form of advice about what
women ought to do—rather than
allowing them the freedom to***

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***choose the right path for
themselves. In Like a Mother,
Garbes offers a rigorously
researched and compelling look
at the physiology, biology, and
psychology of pregnancy and
motherhood, informed by in-***

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***depth reportage and personal
experience. With the curiosity of
a journalist, the perspective of a
feminist, and the intimacy and
urgency of a mother, she
explores the emerging science
behind the pressing questions***

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women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women

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***deserve access to better care,
support, and information.***

***Infused with humor and born out
of awe, appreciation, and
understanding of the female
body and its strength, Like a
Mother debunks common myths***

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and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

Families with same-sex parents are celebrated in this board book

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that follows busy moms and their kids throughout their day-eating breakfast, going on a playdate, heading to the pool for a swim, and settling back in at night with a bedtime story and a good-night lullaby. LGBTQ+ parents and

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***their friends and families will
welcome this diverse and
cheerful book that reflects their
own lives and family makeup.
With artwork by acclaimed
fashion illustrator Izak Zenou,
this is a stylish, smart,***

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humorous, family-focused book that will have babies and their two moms giggling as they enjoy it together. It's an ideal baby-shower and first-birthday gift. And look for its companion board book, My Two Dads and

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Me.

The Science of Mom

My Two Dads and Me

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The Mama Natural Week-by-

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***Week Guide to Pregnancy and
Childbirth***

***The Emotionally Absent Mother,
Updated and Expanded Second
Edition***

***How I Survived My First Empty-
Nest Year and Reinvented the***

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Rest of My Life
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Nestled in the Appalachian mountains, Owsley County is the poorest county in Kentucky and the second poorest in the country. Buildings are crumbling and fields sit vacant, as tobacco farming and

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coal mining decline. But strong women are finding creative ways to subsist in their hollers in the hills. Chambers grew up amidst these hollers, and through the women who raised her, she traces her own path out of and back into the

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Kentucky mountains. With her "hill women" values guiding her, Chambers graduated from Harvard Law, but moved back home to help her fellow rural Kentucky women by providing free legal services. Here she breaks down the myth of the

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"hillbilly" and illuminates a region whose poor communities, especially women, can lead it into the future. -- adapted from jacket
Ted's mom is always angry, so he wishes that his mom would become a fun unicorn. Magically, his wish

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comes true! Ted and the unicorn instantly bonded - a fun day filled with snacks, sparkles, confetti and gold coins! But will mommy stay a unicorn forever?

Decades of research have demonstrated that the parent-child

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dyad and the environment of the family "which includes all primary caregivers "are at the foundation of children's well- being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their

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lives to protect and care for them.

The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and

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the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For

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instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in

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the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S.

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population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge,

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attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and

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that support the identified
knowledge, attitudes, and practices;
and barriers to and facilitators for
parents' use of practices that lead
to healthy child outcomes as well
as their participation in effective
programs and services. This report

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makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to

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serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and

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memory book. Growing You is a place to celebrate and chronicle your pregnancy journey, reflecting on the growth, anticipation, and memories that you want to hold onto as a mother. This heirloom-quality book, created by the author

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of the popular baby book *As You Grow*, is designed with a timeless look and archival paper so that you can one day pass it along to your child. *Growing You* includes:

- Space to journal your feelings and experiences about pregnancy and

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your birth story • A section to document your prenatal appointments and growth • Writing prompts to record precious milestones such as baby showers and prepping your nursery • Pages to document your baby's birth day •

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Pocket folder for sonogram photos, letters from loved ones, and other mementos • And more! Special Features: • Chic, gender-neutral design • Elegant linen cover • Acid-free and archival paper • Generous trim size offers ample space for

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photos • Lay-flat design created by
a beautiful gold spiral binding
allows you to easily write in the
book

My Mom Has Two Jobs

BECOMING A MOTHER: Ectopic
Pregnancy, Miscarriage, Infertility,

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Relationships, and My Bumpy Road
to Motherhood

How to Recognize and Heal the
Invisible Effects of Childhood
Emotional Neglect
My Mother Is the Best Gift I Ever
Got

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My Mom and Other Mysteries of the
Universe

Like a Mother

Parenting Matters

Presents a collection of commentary
on motherhood from the child's
point of view

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Live your best life—even after your kids leave home When her children left for college, Melissa Shultz was certain that she had prepared them well for their new lives—but her own life was a different matter entirely. Her house was empty, her purpose

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unclear. If her life was no longer dominated by the day-to-day demands of being "Mom," then who exactly was she? And how would she ever move forward? From Mom to Me Again is the story of one woman's reinvention. Shultz's

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struggle with the empty nest and the transformation of her marriage, friendships, career, and ultimately herself, is part memoir and part self-help guide. Funny, poignant, and practical, this book tells Shultz's personal story and provides valuable

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advice for readers preparing to send their children off into the world. She shows women that while they'll always be mothers, it's time for them to take center stage in their own lives once again.

Parentless Parents is the first book to

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show how the absence of grandparents impacts everything about the way mothers and fathers raise their children--from everyday parenting decisions to the relationships they have with their spouses and in-laws. For the first

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time in U.S. history, as the average age of women giving birth has increased significantly, millions of children are at risk of having fewer years with their grandparents than ever before. How has this substantial shift affected parents and kids?

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Journalist, award-winning television producer, and parentless parent

Allison Gilbert has polled and studied more than 1,300 parentless parents from across the United States and a dozen other countries to find out. Through her pioneering

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research, Gilbert not only shares her own story and the significant and poignant effect that this trend has had on her and hundreds of other families, but also the myriad ways these mothers and fathers have learned to keep the memory of their

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parents alive for their children, and to find the support and understanding they need.

Mothers are so amazing--is there anything they can't do? Through the heartfelt words of a little boy awed by all the things his mom can do,

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this glowing celebration of mothers has a universal appeal that will make young readers everywhere want to share it with their own moms.

Featuring Tomie dePaola's classic soft illustrations and in a wonderful smaller trim size, this is a perfect

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gift for Mother's Day--or any day!

What to Expect When Mommy's
Having a Baby

How the Loss of Our Mothers and
Fathers Impacts the Way We Raise
Our Children

And You Thought Labor Was

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Hard... Advice, Humor, and
Inspiration for New Moms on
Surviving the First Six Weeks--And
Beyond

I Turned My Mom Into A Unicorn
Mothers Before

A Parent's Guide to Raising

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Healthy, Happy, and Motivated Kids-
Without Turning i nto a Tiger
Oh Sis, You're Pregnant!

***Now updated! The new edition of
this best-selling guide uses
science to tackle some of the
most important decisions facing***

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***new parents—from sleep training
and vaccinations to
breastfeeding and baby food. Is
cosleeping safe? How important
is breastfeeding? Are food
allergies preventable? Should we
be worried about the aluminum***

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in vaccines? Searching for answers to these tough parenting questions can yield a deluge of conflicting advice. In this revised and expanded edition of The Science of Mom, Alice Callahan, a science writer

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***whose work appears in the New
York Times and the Washington
Post, recognizes that families
must make their own decisions
and gives parents the tools to
evaluate the evidence for
themselves. Sharing the latest***

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scientific research on raising healthy babies, she covers topics like the microbiome, attachment, vaccine safety, pacifiers, allergies, increasing breast milk production, and choosing an infant formula.

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***What My Mother Never Told Me
About Motherhood: Once my
husband and I had a baby, I
would hear everything and he
would hear nothing. All will be
entranced by the joyful humor
found on every page of author***

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***Maria Caldarone's What My
Mother Never Told Me About
Motherhood. Why? We were all
children at one time and can
remember the tick above mom's
left eye as she screamed the
irrefutable phrase, 'Because I***

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said so!" Or, as parents, the epic battle every car ride incited as your children, even teenagers, battled for the front seat. What My Mother Never Told Me About Motherhood brims with comical mishaps involving you either as a

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child or, now, as a parent.

*The first three trimesters (and
the fourth—those blurry newborn
days) are for the baby, but the
Fifth Trimester is when the
working mom is born. A funny,
tells-it-like-it-is guide for new*

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mothers coping with the demands of returning to the real world after giving birth, The Fifth Trimester is packed with honest, funny, and comforting advice from 800 moms, including: •The boss-approved way to ask for

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flextime (and more money!) •How to know if it's more than "just the baby blues" •How to pump breastmilk on an airplane (or, if you must, in a bathroom) •What military science knows about working through sleep

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***deprivation • Your new sixty-
second get-out-of-the-house
beauty routine • How to turn your
commute into a mini–therapy
session • Your daycare tour or
nanny interview, totally decoded
As you prepare to become a***

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***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***

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***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***

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***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 Bruschweiler-
Stern and journalist Alison***

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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

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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

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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

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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,

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***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-***

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***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***

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The Birth of a Mother, these powerful feelings are eloquently put into words.

Parentless Parents

The Working Mom's Guide to Style, Sanity, and Success After Baby

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Nurture

A Memoir of Nonbinary

Parenthood

Growing You

A Study

The Fifth Trimester

"Mama Natural's Week to

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Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a

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wondrous biological process
and rite of passage--not a
medical condition. This book
draws upon the latest
research showing how
beneficial and life-changing
natural birth is for both

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babies and moms. Full of
weekly advice and tips for a
healthy pregnancy, Grace
details vital nutrition to take,
natural remedies for
common and troublesome
symptoms, as well as the

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appropriate (and
inappropriate) use of
interventions. Pregnancy,
childbirth, health, health and
wellness, parenting, family"--
An entertaining and
reassuring guide to the first

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few weeks and months of motherhood offers humor and advice on how to cope with the trials and tribulations of diaper changes, feedings, naps, lack of sleep, and other

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aspects that occur. 25,000
first printing.

The perfect Mother's Day gift
or mommy birthday gift for
kids to show just how much
they love Mom featuring
adorable illustrations from

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bestselling author Marianne
Richmond! A book of love
celebrating the special
relationship between every
mother and their child! My
mom plays with me. My
mom carries me. My mom

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cuddles with me. If you're looking for books similar to My Mommy and Me or Mommy Loves You, look no further! Featuring adorable illustrations from bestselling author Marianne Richmond,

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My Mom Loves Me!

illustrates all the ways mom shows her love to her children. Children can relive their best times with Mom every day with this heartwarming mommy book

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for kids! A wonderful
Mother's Day gift for all
moms—from the first-time
mothers to the stepmoms
and mom experts—this
classic board book is a way
to show love to mom on any

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day!

Told through the voice of the
excited big sister, an
informative look at how
babies come about traces
the embryo's development,
explains conception, and

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shows the process of her
mother going into labor.

Good Moms Have Scary
Thoughts

How to Stay Healthy, Happy,
and (Most Importantly) Sane
from Pregnancy to

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Parenthood: The Only Guide
to Taking Care of YOU!
Stories and Portraits of Our
Mothers as We Never Saw
Them
What No One Tells You
What My Mother Never Told

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Me About Motherhood
Moms on Call Basic Baby
Care

***Mothers and Others finds
the key in the
primatologically unique***

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***length of human childhood.
Renowned anthropologist
Sarah Hrdy argues that if
human babies were to
survive in a world of scarce
resources, they would need
to be cared for, not only by***

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***their mothers but also by
siblings, aunts, fathers,
friends—and, with any luck,
grandmothers. Out of this
complicated and contingent
form of childrearing, Hrdy
argues, came the human***

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capacity for understanding others. In essence, mothers and others teach us who will care, and who will not.

A young boy whose mother is pregnant feels somewhat less anxious about the

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impending changes in his family after the family doctor explains the events leading to pregnancy and birth to him and his two friends.

My Mom Had an Abortion is

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***a unique coming-of-age tale
told by a self-described dysl
exic-asexual-lesbian-
feminist teenager and
illustrated by body-positive
comic artist Tatiana Gill. We
follow our protagonist***

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***Beezus B. Murphy as she
chronicles her evolving
understanding of
menstruation, reproduction,
and abortion and finds her
place in a confusing world.
Initially influenced by***

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***harmful narratives in pop
media such as the “the
pregnant teenager” cliché,
we watch Beezus’s ideas
change as her body changes
and as she learns more
about the intricacies of her***

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***family history and her
mom's own reproductive
experiences. She grows from
a confused, out-of-place kid
into a self-assured,
empathetic, and strong-
willed activist teen. As***

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Beezus says, "People shouldn't be shamed for getting or not getting abortions. Young people absorb the information that we gather from our surroundings. Sometimes

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***it's good information and
other times it can be
harmful. But now I realize
abortion is perfectly normal
and should be kept safe and
legal." Sprinkled with pop
culture references,***

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***hilariously apt descriptions
of unwanted body changes
and menstruation like the
chapter “Blood, Bath, and
Beyond,” and instantly
understandable revelations
of growing-up, this***

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beautifully illustrated short graphic novel crucially fills a cultural gap around complexities of abortion, pop culture, body changes, and finding out where we fit in.

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The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your

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***own self-worth? Often, the
grown children of
emotionally absent mothers
can't quite put a finger on
what's missing from their
lives. The children of
abusive mothers, by***

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***contrast, may recognize the
abuse—but overlook its
lasting, harmful effects.***

***Psychotherapist Jasmin Lee
Cori has helped thousands
of men and women heal the
hidden wounds left by every***

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kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or

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***hurtful—and what she was
unable to give The lasting
impact of childhood
emotional neglect and abuse
How to find the child inside
you and fill the “mother
gap” through reflections***

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***and exercises How to secure
a happier future for yourself
(and perhaps for your
children)
The Ultimate Pregnancy
Guide***