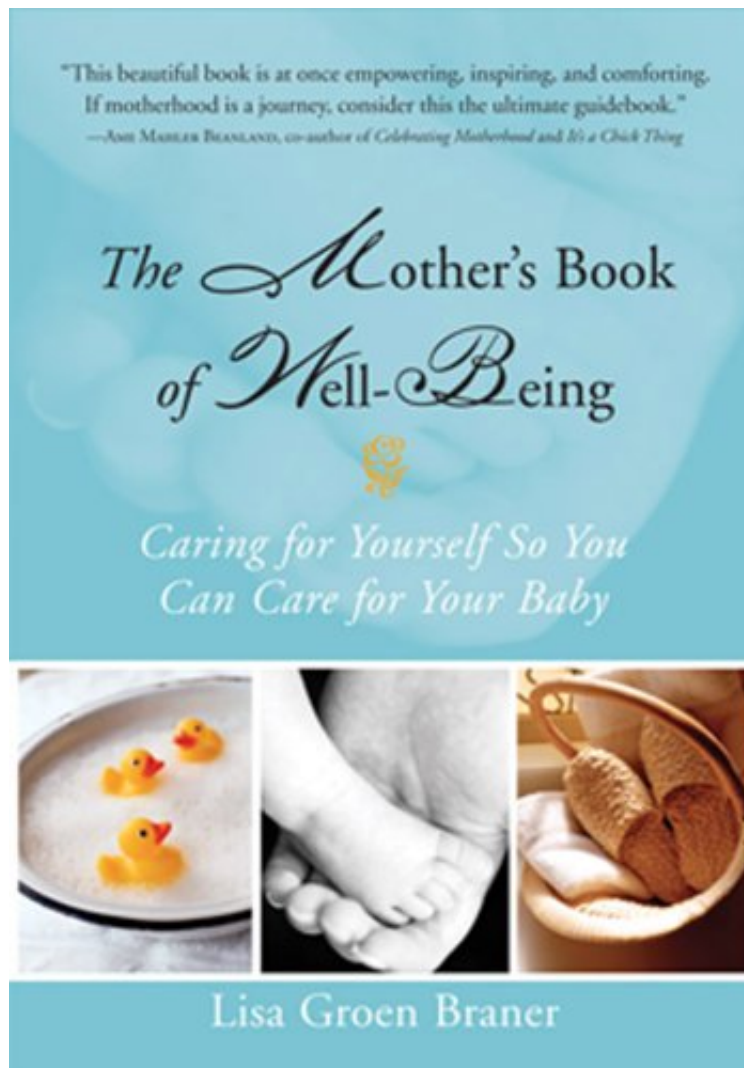


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The Mother's Book of Well-Being: Caring for Yourself So You Can Care for Your Baby

Lisa Groen Braner

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Lisa Groen Braner : The Mother's Book of Well-Being: Caring for Yourself So You Can Care for Your Baby before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mother's Book of Well-Being: Caring for Yourself So You Can Care for Your Baby:

2 of 2 people found the following review helpful. The Mother's Guide to Well-Being By A Customer Lisa Braner has written a wonderful book that touches a deep part within all of us, whether we are a new mother or a grandparent. The wisdom contained in this small book, found on almost every page, is so universal that no one can read it and not be richer for having done so. Her words flow effortlessly, teaching all of us that the best parts of life come in those small moments we can't plan for no matter how organized we think we are. Learning to treasure the unexpected joys that our

children bring reflects a larger truth that runs its course throughout our lives. Instead of mourning the days that are gone or anticipating the days that are yet to be, Lisa Braner gently reminds us that we have to steady our focus in the here and now because that's the only time we really have. Whether those treasured moments rest in the love light of a child's eyes or in the quiet of a garden after a soaking rain, the larger truth of her message is that we must ensure our lives maintain Balance because, as she so eloquently writes, "our most treasured memories usually hang on the edge of mere moments." 4 of 4 people found the following review helpful. A Lifeline for New Mothers By Daphne Stevens This is a gem of a book, poetically expressed and filled with practical wisdom that will comfort and companion even the most sleep-deprived young mother. The author manages to articulate the wonder, the bewilderment, the fatigue, and the pure pleasure that come with the first year of motherhood, in a way that encourages the reader to totally immerse herself in the experience--and to meet herself, perhaps for the first time. 6 of 6 people found the following review helpful. Bran for the Soul By Christine Louise Hohlbaum Lisa Braner provides for her readers a nourishing, cleansing and nurturing book of wisdom, broken down into manageable, bite-size pieces. Her 52 bits of sage advice take the new mother through the phases of motherhood from newborn to toddler. Even the cover evokes images of comfort: three little ducks in a sudsy bath; a baby's foot in a mother's hand; and cozy slippers resting delicately in a basket. Braner's honest examination of motherhood left me, a two-time mother, feeling understood and, quite frankly, loved! Her thoughtful essays interweave the right amount of personal stories to give the reader the feeling that Braner has been there, too. I will never look at my "skinny jeans" in the same way; nor will I engage in negative self-talk, which so many mothers do. Her book made me want to kick back, take a guilt-free bath, and enjoy my kids as their childhoods unfold before me. Thank you, Ms. Braner, for your contribution to mothers' wellness!

The Mother's Book of Well-Being carries a mother through the first year of motherhood and beyond. Divided into fifty-two short chapters (read between changings!) - one for each week of the year - Lisa Groen Braner provides wise advice for new mothers and experienced mothers alike. Learn to take time for yourself and claim a few moments of peace, survive sleep deprivation, make room for romance with your partner, and tune into your "maternal wisdom."

"... graceful blend of memoir, contemplative advice, literary references, holistic health tips that track the joys and difficulties of motherhood." -- The Salt Lake Tribune "In this charming bedside book, Braner gently reminds that [as a mother] you have the opportunity of recreating yourself." -- Berkley's Parents' Press "This beautiful book is at once empowering, inspiring, and comforting. If motherhood is a journey, consider this the ultimate guidebook." -- Ame Mahler Beanland, co-author of Celebrating Motherhood and It's a Chick Thing "This is a wonderfully wise book, written with an intimate awareness of new moms' needs." -- Mothering Magazine Excerpt. copy; Reprinted by permission. All rights reserved. Introduction: Conception Developing the Self Motherhood begins at the moment of conception. In that moment, everything shifts. Life makes way for life. As a woman's belly swells, a slow but steady understanding dawns. Her maiden time on this Earth has passed. A more mysterious time beckons. She endures queasy mornings, rife with uncertainty. And as her baby grows, she begins to understand the meaning of giving herself over to a child. Her body houses two souls. Her life is flooded with a sense of wonder and purpose. During this time of inward change and sacred recognition, a woman's outer world changes also. The identifying phrase "with baby" says it all. While pregnant, I felt as if a veil shrouded my physical self and the only part of me that people recognized was my abdomen, the baby. I had never felt unseen before pregnancy. Suddenly I was merely a "mother-to-be." This external label affirmed yet contradicted who I was. I was thrilled to become a mother, yet perplexed about losing my own identity. While my identity seemed to narrow to others, it amplified to me. Being pregnant was my first introduction to the realm of expectation that surrounds motherhood. If I were to write a reacute;sumeacute; of the world's perfect mother, it might read like this: responsible, giving, selfless, sacrificing, tireless, strong, moral, wise, kind, forgiving, nurturing, supportive, and so on. No one said it would be easy but I'm not sure that I want to become someone else's version of the perfect mother. I'd also like to be free-spirited, adventurous, artistic, funny, sensual, and romantic. Rather than blurring one's true self, motherhood can magnify and honor all aspects of who you are. I am a more sensitive writer, a better listener for my friends, a more caring lover. The first year of motherhood is a time of great change and insight. You will be tested physically, emotionally, intellectually, and spiritually. You'll be pulled to notice the ways in which you care for and neglect yourself. As we walk through these weeks together, I'd like you to open your heart and continue to ask yourself one important question: What if I were a mother of my own design?