



## The Birth of the Modern Mum: A new mother's no nonsense guide to looking after herself in baby's first year

By Heather Irvine

Ventura Press. Paperback. Book Condition: new. BRAND NEW, The Birth of the Modern Mum: A new mother's no nonsense guide to looking after herself in baby's first year, Heather Irvine, So much of modern motherhood is targeted at looking good even when you feel crap and making your baby look good even though he or she won't settle or feed or stop crying, all in the shortest time frame possible. The Miranda Kerr and Heidi Klums of the world make it look easy; have a baby and get back on the runway 2 minutes later with a flat stomach, silky hair and glowing skin. What about the mothers who get acne from pregnancy, or whose hair turns grey, or can't loose their baby belly in 10 seconds flat? This book is for them. The Birth of the Modern Mum looks at the serious issues such as Postnatal Depression (PND), relationship changes and physical changes that mothers face in their first year with a new baby while still providing light-hearted quick fixes that any mother can implement in short period of time. In association with The Gidget Foundation, and industry support from Dr Vijay Roach and Dr John Irvine, The Birth...



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