



## The Birth of a Mother: How the Motherhood Experience Changes You Forever

By Daniel N. Stern, Nadia Bruschweiler-Stern, Alison Freeland

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, The Birth of a Mother: How the Motherhood Experience Changes You Forever, Daniel N. Stern, Nadia Bruschweiler-Stern, Alison Freeland, As you prepare to become a 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 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 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 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 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...



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