



The POST- PREGNANCY HANDBOOK



- ☺ The only book that tells what the first year after childbirth is really all about—physically, emotionally, and sexually
- ☺ What you can expect the first few days after childbirth, and then week by week
- ☺ Detailed guidance for mothers on: recovering from cesareans and episiotomies, surviving fatigue, toning the pelvic floor, organizing life around a baby
- ☺ Includes chapters that address the physical effects of childbirth, coping with postnatal depression, diet and gentle exercises for the first six weeks



SYLVIA BROWN

with Mary Dowd Struck, R.N., M.S., C.N.M.

Post Pregnancy Handbook

Michael Seilmaier



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