



Midlife Motherhood: A Woman-to-Woman Guide to Pregnancy and Parenting

Jann Blackstone-Ford

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"The future doesn't frighten me, but sometimes I wish there was help, a type of midlife mom roadside assistance-someone who would show up exactly when you need it and tell you how to handle the problem." - Janice Stewart, mother at thirty-nine to Joshua

What's a woman to do when she's facing menopause, toddlers, and elder care all at the same time? Women who have "been there and done that" provide some insight in Midlife Motherhood. Offering humor, warmth, and frankness, this is a handholding guide for the uninitiated.

What's on their minds:

- Common fears and concerns: from Down's syndrome to being too old
- Fertility challenges and what to physically expect from pregnancy
- How to juggle postpartum demands-parenting, working, caring for aging parents . . . and all at once!
- Getting back into shape
- Hot flashes and warm bottles: coping with hormonal changes while caring for a new baby

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Arthur Atwood:

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Charlotte Womble:

The feeling that you get from Midlife Motherhood: A Woman-to-Woman Guide to Pregnancy and Parenting is a more deep you excavating the information that hide inside the words the more you get considering reading it. It does not mean that this book is hard to understand but Midlife Motherhood: A Woman-to-Woman Guide to Pregnancy and Parenting giving you joy feeling of reading. The article author conveys their point in particular way that can be understood simply by anyone who read this because the author of this book is well-known enough. This specific book also makes your own vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having that Midlife Motherhood: A Woman-to-Woman Guide to Pregnancy and Parenting instantly.

Stephanie Sellers:

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