



Letters for Tomorrow

Robin Freeman Bernstein, Cathy Moore

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A lovely keepsake book that makes the perfect shower gift! *Letters For Tomorrow* provides a way for expectant moms and dads to document the most exciting nine months in their lives, while they wait for their baby to arrive. The authors, a licensed family therapist and a licensed clinical psychologist, know that this time can also be particularly stressful. Structured, guided journal writing could be very helpful for many people, but most just don't know how to begin or what in the world to write about. *Letters For Tomorrow* offers suggested topics, such as "Today I found out I'm pregnant," "We had a baby shower for you," "I've packed a bag for the hospital," and it will also include many blank pages for topics of the parents' choice. Siblings, grandparents, other relatives, and friends are also encouraged to record their thoughts and feelings in this unique and beautiful book, illustrated throughout in full color. *Letters For Tomorrow* includes writing tips and suggestions for how to use the book, and each section (the book is divided into trimesters) has plenty of space to paste in photographs, ultrasound pictures, and other memorabilia.

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