



Expecting Change: Your Guide to the Emotional Journey of Pregnancy (New edition)

By Ellen Sue Stern

Meadowbrook Press,U.S. Paperback. Book Condition: new. BRAND NEW, Expecting Change: Your Guide to the Emotional Journey of Pregnancy (New edition), Ellen Sue Stern, The transition from woman to mother may be the most dramatic change you will experience in your lifetime. Nausea and labour pains are temporary; the emotional imprint of pregnancy is long-lasting. To help expectant mothers understand that there is more to pregnancy than having a baby, this practical book explores some much-needed awareness of the psychological side of pregnancy. * Helps expectant mothers deal step-by-step with the emotional and psychological aspects of pregnancy and childbirth. * Includes both the emotional changes that accompany the physical changes, and the process of growing into the new role of "mother". * Developed from a practical series of Expecting Change workshops organised by the author for expectant mothers.



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

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