

Radical Simplicity: Small Footprints On A Finite Earth - Jim Merkel

PRAISE FOR MOTHERING THE NEW MOTHER

"Sally Placksin's book has what needy, weary new mothers need most—generous doses of understanding, sympathy, concrete advice, resources, support and assurance that they're not alone. Best of all, it's infused with the voices of real people negotiating their way through the enormous transition to motherhood. I wish I'd had it to read when I was a new mom."

—Roberta Luracloff, author of
Coming to Terms and In Confidence: Four Years of Psychotherapy

"A terrific and much needed job focusing on the postpartum needs of new mothers. I see too many of them in tears . . . a bestseller for new families."

—Christine Kealy, founder,
In a Family Way Postpartum Care Service

"This book is an empowering tool for mothers in a society where birth procedures are sometimes disempowering and motherhood is undervalued. This book is very childbearing useful for an expectant mother, partner, grandmother, or any caregiver to the family."

—*Journal of Human Lactation*

"*Mothering the New Mother* addresses a sadly overlooked area of need in the United States—the postpartum period. . . . Sally Placksin tackled this void and filled it admirably with clear information on what to expect; what needs, feelings, and changes may occur; and what to do to meet the needs of this period in a woman's and a family's life. . . . The book explores another important aspect of this period for women: recognition of the continuing adjustment and changes of lifestyle, roles, and relationships, and how to integrate motherhood into the complexity of their lives, their sense of identity, and their work. Women's stories, voices, and struggles are strong, vibrant, poignant, and realistic throughout the book and will touch almost any woman facing motherhood. . . . This event of parenthood has to be honored, validated, and prepared for with this excellent resource book as a guide."

—Phyllis H. Klaus, C.S.W., M.E.C.C., Erickson Institute
Birth: Issues in Prenatal Care

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Imagine you are first in line at a potluck buffet. The spread includes not just food and water, but all the materials needed for shelter, clothing, healthcare, and education. How do you know how much to take? How much is enough to leave for your neighbors
Author: Merkel, Jim Publisher: Perseus Books, LLC
Illustration: N Language: ENG Title: Radical Simplicity: Small Footprints on a Finite Earth Pages: 00288
(Encrypted PDF) On Sale: 2003-09-01 SKU-13/ISBN: 9780865714731 Category: Nature : Environmental Conservation & Protection - General Category: Science : Environmental Science Category: Education : Multicultural Education

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