

A woman with blonde hair tied up in a bun is seen from the back, wearing a white t-shirt and blue jeans. She is holding a baby in a light-colored onesie. The baby is reaching out towards the woman's face. The background is a soft, out-of-focus light color.

Mastering Motherhood

Mastering Motherhood

Pooja Lakshmin, MD

Mastering Motherhood:

A Woman's Workshop on Mastering Motherhood Barbara Bush,1981 Mastering Motherhood will reasssure women of their vital place in society and renew their vision for motherhood as a strategic part of God s plan for the family It poses alternatives to contemporary contradictory societal attitudes about families **Mastering Motherhood** Barbara Bush,1981

Mastering Motherhood Barbara Joyce Bush,2006-08-16 *The Complete Guide to Mental Health for Women* Lauren Slater,Amy Banks,Jessica Henderson Daniel,2003-08-15 As women we know how important it is to take charge of our health care to be informed and proactive But too often we forget that our mental wellness is an integral part of our overall health The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce Drawing on the latest thinking in psychiatry and psychology written for women of diverse backgrounds The Complete Guide to Mental Health for Women begins with Part One the life cycle helping women understand the major issues and biological changes associated with young adulthood middle age and old age Specific entries address the psychological importance of women s sexuality relationships motherhood childlessness trauma and illness and discuss how social contexts such as poverty and racism inevitably affect mental health Part Two explores specific mental disorders including those like postpartum depression related to times when women are particularly vulnerable to mental illness Part Three takes a closer look at biological treatments including the use of antidepressants and various types of psychotherapy from cognitive behavioral treatments to EMDR and beyond The Complete Guide to Mental Health for Women ends with a section on life enhancements because the activities that help us live fuller more vital lives are also essential to our mental health The Complete Guide to Mental Health for Women Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists Helps women think through the psychological challenges inherent in the life cycle from young adulthood through old age Focuses on key life issues from sexuality and relationships to trauma and racism Provides important information on mental disorders their biological treatments and psychotherapeutic interventions Includes a comprehensive list of psychotropic medications targeted reading suggestions crucial online resources and support groups The Complete Guide to Mental Health for Women covers what every woman should know about Aging What should I expect from menopause What do I need to know about the benefits and risks of hormone therapy Pregnancy How will becoming a mother change me How do I overcome postpartum depression Childlessness What if I don t want to be a mother Sexuality Is a female Viagra the solution to women s sexual complaints How does societal ambivalence about women s sexuality affect me Body Image and Eating Disorders Are all eating disorders a reaction to societal pressures to be thin Polypharmacy Why are some patients prescribed more than one type of psychotropic drug Is this overmedicating Finding a Psychotherapist How do I know if a therapist is right for me And how do I know what type of therapy I need Anger Why is it the most difficult emotion

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Situation Momedy Jenna Von Oy,2015-10-19 While preparing to give birth to her first daughter actress Jenna von Oy well known for her roles as Six on Blossom and Stevie on The Parkers discovered that the market was filled with clinical guides to pregnancy and beyond Though they had their merits she craved a best friend s guide one that didn t sugarcoat reality but still offered relatable and heartfelt reassurance Thus Situation Momedy A First Time Mom s Guide to Laughing Your Way through Pregnancy Year One was born Jenna brings readers a lighthearted and comedic look at pregnancy and the first year of motherhood highlighting major mommy milestones with chapters like Houston We Have a Pregnancy This Is Your Brain on Baby Bringing Sexy Back and All s Fair in Love and Mommy Wars **Mastering Motherhood @ Forty** Loretta Vixon,2012-02 Who ever said There is no instruction manual for raising a child Most experienced moms just never had the time to stop and write it all down Until now Mastering Motherhood forty transforms

one of the most complex and sensitive elements of life and breaks it down in the simplest of terms In clear and plain English Mastering Motherhood forty will enlighten even the most experienced of moms and give them a fresh outlook on motherhood The many facets of parenting are sometimes ignored by mainstream society because they are sometimes uncomfortable subjects but they are addressed in this book with so much key information that it will make even puberty less challenging Learn how to build courage and self esteem and truly lead a family Inspire your children to find their hidden gifts and fulfilling their true destiny **Four Mothers** RJ Crayton,2014-06-01 Four stories Four mothers Four crises One great read Our notions of motherhood run the gamut from the mythical SuperMom to the dreaded Mommy Dearest None is entirely true as all mothers are both perfect and flawed Four mothers tells four stories of mothers who each face a crises either real or perceived in their parenting life Change the way you see motherhood In Almost Perfect we see our Mommy Dearest end of the spectrum with Bitsy She wants her grandson whom she is raising to be perfect and with Bitsy we are reminded it's not just stepmothers who are wicked Tilda the mother we meet in As Luck Would Have It exudes luck from every pore She would love to be the super mom who saves the day for her family but she has one problem her daughter's seeming lack of luck In fact Tilda's luck fails whenever her daughter is around Tilda's solution to this problem could prove problematic Felicity is relishing her overbearing husband's absence on a business trip when her Two Day Break suddenly turns into a nightmare In The Beads Iram is a mother coping with crisis a child in a coma after nearly choking to death when something happens that affects her entire outlook Also included in the collection is a bonus story Lynch Party about a mother who has a different perspective on what makes a great party activity

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