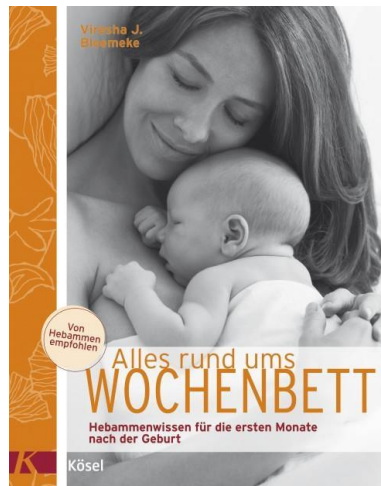


Taking good care of yourself and your baby



Viresha J. Bloemeke
Postpartum Manual
[Alles rund ums Wochenbett]
A midwife's advice for the first months after birth

Kösel Sach-/Fachbuch
224 pages
Format 17,3 x 22,0 cm
July 2011

Viresha J. Bloemeke, born in 1951, is a midwife, birth-preparation expert and family-care consultant. The alternative-medicine specialist for psychotherapy has her own private practice in Hamburg, where she works as a body and trauma therapist.
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Every new beginning is accompanied both by excitement and self-doubt. New parenthood offers a great deal of both. Along with happiness come countless questions and possible hurdles: postpartum depression, sleep deprivation, issues related to the mother's physical healing and new self-definition. And why does the baby cry so much? The author, a highly experienced midwife, addresses all the issues that concern new mothers and fathers in the important period after birth, offering informed, sensitive advice for a successful beginning as parents.

Also available:

By the same author: *It Was a Difficult Birth ... [Es war eine schwere Geburt ...]*, 2003