

Solid help for postpartum depressions



Viresha J. Bloemeke
That Was a Difficult Birth
[Es war eine schwere Geburt]
How painful experiences can heal

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Read more at www.viva-wandelzeiten.de

Every seventh birth is traumatic. The pregnancy went well, the birth was well-prepared for – but then, unexpectedly, labour turned out to be very difficult ...

This book helps the many women who after a birth were disappointed, angry, or sad, and thus find it problematic to accept the baby or to confidently take part in family life again.

With many exercises and an extensive service chapter, completely revised and updated.