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Altri autori (Persone)	WierengaEmily T. <1980->
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Nota di contenuto	Contents; Foreword; Introduction; Ch01. Our Bodies ,Ourselves; Ch02. A Bruised Beginning; Ch03. From Bruised to Broken; Ch04. Before and After; Ch05. Change, Acceptance, and More Change; Ch06. The Sleepless Wife; Ch07. Beyond Breast Milk (or Formula); Ch08. Food from Heaven; Ch09. Like Mother, Like Daughter; Ch10. Being the Mirror; Ch11. The Anxious Mother; Ch12. Friendly Competition; Ch13. As They Grow; Ch14. Getting Help; Ch15. Identity Crisis; Acknowledgments; Appendix; Notes; Selected Bibliography; Index; About the Authors
Sommario/riassunto	Mom in the Mirror provides insight, support, and the information necessary to help overcome damaging lifestyle habits and self-esteem struggles post-pregnancy. Readers will learn how to improve the way they eat, live, feel, and parent, thereby increasing their happiness, confidence, and self-esteem both as mothers and women.