



# So geht's mir gut nach der Geburt (German Edition)

*Maria Borelius*

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## **So geht's mir gut nach der Geburt (German Edition)** Maria Borelius

Wie verändert sich mein Körper nach der Schwangerschaft? Wieso fahren meine Gefühle immer wieder Achterbahn? Die Autorin Maria Borelius nimmt sich in diesem Buch den Fragen, Ängsten und Sorgen junger Mütter an und ermuntert sie, die eigenen Gefühle ernstzunehmen und sich kein schlechtes Gewissen machen zu lassen, wenn alles nicht so ideal läuft, wie es bei anderen der Fall zu sein scheint. Es ist ein Buch für Frauen - um Körper und Seele nach der Geburt besser verstehen und mehr für das eigene Wohlbefinden tun zu können. Biografische Anmerkung Maria Borelius ist Biologin, Wissenschaftsjournalistin und Leiterin von Gymnastikkursen, die sich an junge Mütter richten. Sie selbst hat drei Kinder und lebt mit ihrer Familie im schwedischen Stockholm.

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