



The Birth of the Modern Mum: A new mothers no nonsense guide to looking after herself in baby's first year

Heather Irvine

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So much of modern motherhood is targeted at *looking* good even when you feel crap and making your baby *look* good even though he or she won't settle or feed or stop crying, all in the shortest time frame possible. The Miranda Kerr and Heidi Klums of the world make it look easy; have a baby and get back on the runway 2 minutes later with a flat stomach, silky hair and glowing skin.

What about the mothers who get acne from pregnancy, or whose hair turns grey, or can't loose their baby belly in 10 seconds flat? This book is for them.

Heather Irvine, Clinical Psychologist and head of the R.E.A.D Clinic, appropriately balances clinical expertise with common sense "mother appeal" for mothers struggling in their baby's first year.

The Birth of the Modern Mum looks at the serious issues such as Postnatal Depression (PND), relationship changes and physical changes that mothers face in their first year with a new baby while still providing light-hearted quick fixes that any mother can implement in short period of time.

Heather taps into the realistic image of motherhood leaving behind the doldrums of medical professionally written books. *The Birth of the Modern Mum* is a book that any mother can be proud of. It can be placed on the coffee table right next to the *Women's Day* or *Famous* magazines without shame should guests drop by. Because whilst the book tackles the factors that underlie PND and related cognitive and affective dysfunction no mother wants to have a heavy PND-title book sitting around in her lounge room.

And let's face it, once a book is put away on the bookshelf, in the life of a busy mum it's unlikely to come out again.

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