



## Rebounding from Childbirth: Toward Emotional Recovery

By Lynn Madsen

Praeger. Paperback. Condition: New. 166 pages. Dimensions: 9.2in. x 6.1in. x 0.5in. Never mind what you've been through. The baby's here, he's healthy. That's the most important thing, isn't it? Few women planning a pregnancy or anticipating childbirth would dispute that the safe birth of a healthy child is their primary concern. Even when this happy outcome is achieved, however, the process of childbirth itself can wreak havoc on a woman's emotional and physiological well-being--especially when unforeseen medical complications change the expected course of labor and delivery. *Rebounding From Childbirth*--the first book to focus exclusively on the mother's feelings about a difficult birth--shows how traumatic childbirth forces a woman to suddenly relinquish cherished hopes for her experience of actually becoming a mother. Amid the joys of a healthy baby, the mother's feelings of anger, grief, failure and disappointment often get scant attention from family, friends and medical personnel. Drawing from her own life as a professional counselor and mother of three, Lynn Madsen argues that a woman should not underestimate her own need to recover emotionally and physiologically from a violent birth experience. Without true healing, Madsen's analysis reveals, a new mother's suppressed sense of loss and pain can affect her...



**READ ONLINE**  
[ 5.16 MB ]

### Reviews

*The book is great and fantastic. Yes, it really is engaging, still an interesting and amazing literature. You won't feel monotony at any moment of your respective time (that's what catalogs are for regarding if you request me).*

-- **Daren Raynor II**

*This pdf may be really worth a read, and superior to other. It generally does not price too much. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dylan Schaden**