



Expecting Change: Your Guide to the Emotional Journey of Pregnancy (New edition)

By Ellen Sue Stern

Meadowbrook Press,U.S. Paperback. Book Condition: new. BRAND NEW, Expecting Change: Your Guide to the Emotional Journey of Pregnancy (New edition), Ellen Sue Stern, The transition from woman to mother may be the most dramatic change you will experience in your lifetime. Nausea and labour pains are temporary; the emotional imprint of pregnancy is long-lasting. To help expectant mothers understand that there is more to pregnancy than having a baby, this practical book explores some much-needed awareness of the psychological side of pregnancy. * Helps expectant mothers deal step-by-step with the emotional and psychological aspects of pregnancy and childbirth. * Includes both the emotional changes that accompany the physical changes, and the process of growing into the new role of "mother". * Developed from a practical series of Expecting Change workshops organised by the author for expectant mothers.

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