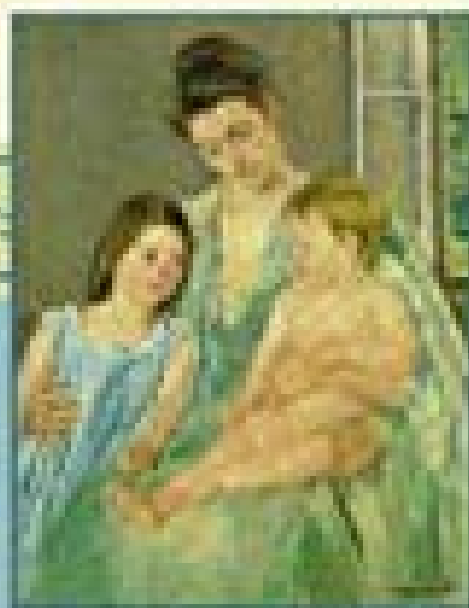


KATHLEEN A. KENDALL-TACKETT, PH.D., IBCLC

Foreword by Phyllis Klaus, M.F.T., C.S.W. & Marshall H. Klaus, M.D.
authors of Your Amazing Newborn and Mothering the Mother

The Hidden Feelings *of* Motherhood

Second Edition



Coping With Mothering Stress,
Depression, and Burnout

Kathleen A. Kendall-Tackett, PhD, IBCLC

The Hidden Feelings of Motherhood Second Edition



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The Hidden Feelings of Motherhood is for any mom who is coping with the stresses and difficulties to be a mother inside our modern world. The chapters on the history of ladies in the place of work and simplifying your daily life are excellent reading for every female. It celebrates the importance of this most demanding function and offers specific advice on how you can cope with the problems and make positive adjustments in your life.



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The Hidden Feelings of Motherhood Enlightens Us as Women Kathleen Kendall-Tackett once more enlightens us as women, mothers and companions with her latest edition of The Hidden Feelings of Motherhood. Lisa Lamadriz, RNC, IBCLC Wife and Mother Registered Nurse International Board-Certified Lactation Consultant comforting This book is comforting to moms who often feel overwhelmed, with plenty of helpful info and solutions. From the panic and exhaustion of the novice mom to the stressed out, burned out mother of teens, this publication speaks volumes about how to really get your life to be able and distress your day to day routine. In this, her second edition of Hidden Feelings, Kendall-Tackett adds more info for mothers of children with particular needs, along with behavioral and health issues. Kendall-Tackett softly reminds us about the really important aspects of life as females and mothers, and infuses energy once more with wonderful ways to trim the excess stress from living. I highly recommend this reserve to each and every woman living on the planet. Kathleen Kendall-Tackett turns into a mentor and friend as you quickly read through the reserve. Written in a soft spoken way, Kendall-Tackett is simple on the mind as you gradually feel yourself taking back the life that is overridden by lists way too long for even a super hero to conquer. She also provides a wide variety of resources for additional exploration of topics at the conclusion of every chapter. This manuscript is a must read for moms at any stage of motherhood. good read.



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