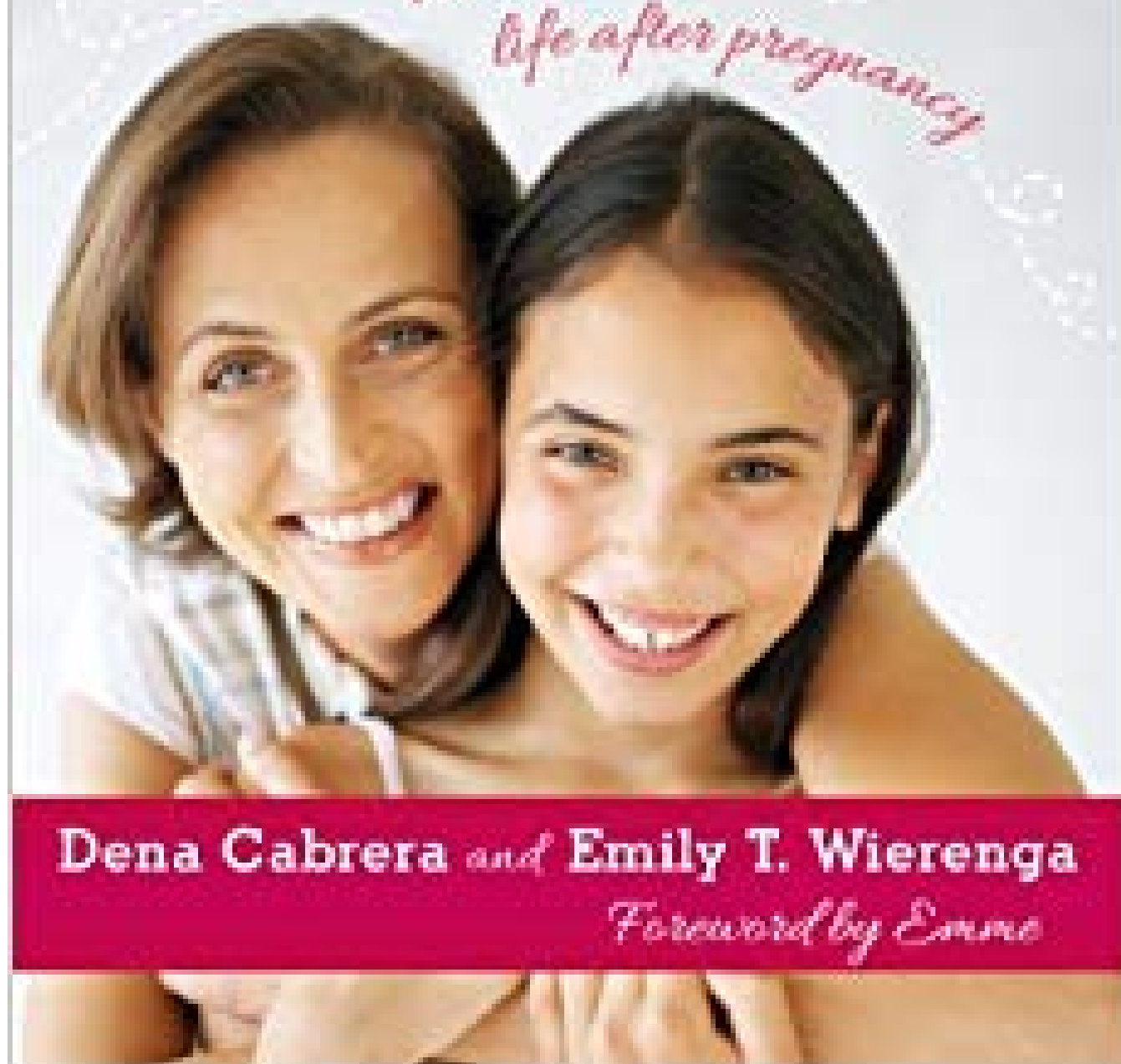


# *mom* in the Mirror

*body image,  
beauty, and  
life after pregnancy*



**Dena Cabrera and Emily T. Wierenga**  
*Foreword by Emma*

Dena Cabrera

## Mom in the Mirror: Body Image, Beauty, and Life after Pregnancy



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Mom in the Mirror: Body Image, Beauty, and Lifestyle after Pregnancy is for every woman who has ever doubted herself or her self-worth following the birth of a kid. Because most women spend a lot of their lives wanting to modification their bodies, it' Dena Cabrera, and also the personal encounters of previous anorexic Emily Wierenga, Mom in the Mirror is definitely a physical, mental, psychological, and spiritual response to a lady generation seeking its true identity in an appearance-based world. Comprising personal stories, professional advice, reflection queries, and helpful equipment, this book can be an inspiring read intended for women everywhere who wish to restore a positive body image and to conquer the insecurities that arise when pregnancy is over and child-rearing starts.s not surprising that the pounds gain that comes along with being pregnant (and post-pregnancy), in conjunction with the difficulties of parenting, only exacerbate problems with weight, body image, disordered taking in, and self-esteem. With chapters that deal with bruises from the past, misconceptions about pregnancy, lifestyle before and after children, marriage and motherhood, spiritual and physical nourishment, relationships with friends and family, and the changing part of a mom as her children age, it really is a holistic method of the age-old queries: Who am I, and why am I here?Drawing upon the wisdom of eating disorders expert Dr.



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Why every mama should browse this reserve..And for you, if you're a mom. Why every mama should read this book...This book is approximately understanding how to see yourself, and your children, through the eyes of God.. Granted, there are always more factors involved, more undisclosed elements in the combine, but I had never considered the partnership between my inability to accept myself and the rigorous striving toward unrealistic weight goals and jean size.simply because valuable and loved. Mother in the Mirror is normally for each mome who provides ever looked in the mirror and made a face at the image reflected there.15) My own journey contains a chapter through disordered taking in, including anorexia and bulimia. This book was something special to me. No. this being true and vulnerable and humble before your kids, while reaching up towards heaven, is perhaps the most powerful lesson you can provide your family. To instruct them that you cannot do life without faith. And it's about a different path women (and men, indirectly) may take, and likely should take. Why does this feel personal? It is important to read. As females, we all have been connected. Your life matters. Your value is worth more than you can imagine. And the lives you're touching, a lot more than you'll ever know. Right now I can't breathe. significantly needed. I've never binged and purged. I have done and will continue to perform much body picture work in every parts of my entire life, I significantly appreciate this publication - both personally and professionally!!!! Compassion and a gentle sense of humor in areas inform the composing, which won't sacrifice aesthetics for program: I, the reader, am both stirred and shifted to love my own body better even as I am equipped with helpful, practical tips to do therefore. I learned points I didn't understand, about my own mother, my wife, and my daughter-in-law." (Mom in the Mirror, p.We woman all have body issues to some extent or other. 2). A time of being overweight, or under pounds.This book will help women to understand that the image God created them with is an excellent image.Okay. A Book for Every Mother With a Body. Whether you know it or not really, you have. My consuming isn't disordered, I informed myself. As an Eating Disorder Specialist, a woman and a mom. Coating by layer, tale by story, the words of Emily Wierenga and Dena Cabrera peel back the facade of "I'm good" and get deep in to the center of a mom's perception of beauty and relationship with food. And I've plenty of unrealistic expectations (nonetheless, as I luxuriate in grandparenthood! EASILY could send it out to all of my friends (mothers or not) I would. And it's really a book that should be read by guys, fathers, and teenagers.) I read these phrases:Just how do we cope with the difficulties of parenting, in addition to your own unrealistic expectations, mass media influences, perceived pressures from those all around us, and a lifestyle that demonizes fat (despite the fact that more Americans are over weight than ever before)?I thought, hmm." ~Mom in the MirrorChapters 9 and 10 hit close to my heart--Chapter 9: Like Mother, Like Daughter--Your Personal LegacyChapter 10: Being the Mirror--How to Inspire Beauty inside our Daughters"It isn't about one mom standing in front of the mirror. I don't gobble laxatives. I feel as though this book was written for me. .I don't. But I am a mom. This review is a snap.) that get in the way of peace and tranquility.I pressed about, and pretty soon We was undone again. But the book can be a tender and heartwarming celebration of motherhood, and, as such, is for moms, daughters and the males who love them. From the very first page, the book successfully demolishes any preconception a book about body image is only for anorexics and bulimics. We are able to only learn to love (p. Hurtful terms spoken to us.Wait. I don't need to possess it together on a regular basis, it's ok if I mess up. Minute. All of this maternal brunt-bearing is normally pointless?" ~Mom in the Mirror Very well done & Because I always comprehended that was what we mothers perform.We bear the brunt. Isn't that our work? It's for the woman whose hubby loves her no matter her size but desperately desires her to feel gorgeous more than enough to let him appear at her. Before long I found this:Do not feel guilty if this is hitting home. That's not our goal. You want to reduce you of the burden you're carrying. You want to help you become more satisfied with everything you have and who you are, and to help you quit a few of the behaviors and attitudes emphasizing what you lack (p. 6).Wait, what? It's written by people who know very well what

they're talking about, one having experienced an eating disorder and one having treated many with eating disorders. *Mother in the Mirror* isn't just for women who also struggle with eating disorders. That's right, page six. Friends, it wasn't long from then on I had to stop. Not because I didn't believe the reserve was good--the book is tremendously great. "This praying with eyes widely open; It wasn't that. I am often dissatisfied, actually disgusted, with what I observe there. This publication is for me!. And the resources will help women embrace that wonderful image. The authors, Dena Cabrera and my pal Emily T. Wierenga, are specifically focused on body image and life after being pregnant. But really, this reserve has something for everybody with kids. We all wrestle with the issues addressed in this book. I think all of us moms--birth mother or not, eating-disordered or not--can benefit from this book. For some of us, it will save lives--or at least lots and lots of trauma. Moms, offer yourselves a break. Browse this book. gets to the heart of body image I wasn't many webpages into *Mom in the Mirror* before I discovered it was about a lot more than eating disorders--and I possibly could hardly read the phrases for the tears. I've hardly ever starved myself. I was hooked by page six. It's about the way a warped look at of personal, and an idolatry of physical perfection, robs us of the joy and purpose and independence that God wants for us." And they teach me what *\*should\** maintain the core: generosity, compassion, truth, humility, calling others (from page 9: "As I stared to help others, I found that my obsession with my body's appearance waned. It's for the mom who has at least 10 extra few pounds of baby fat--for each being pregnant she's carried. It's for the mom of little girls who's beginning to recognize that she will not want to spread her own body picture to the next generation. I came across a tissue, blew my nasal area, and continued reading. I loved the way *Mother in the Mirror* centered on more than just eating and weighing habits--it gets to the heart of beauty and body picture and the way they affect and so are affected by interactions. It is filled with terms I need to remind myself of again and again. A staggering most women, statistics present, are dissatisfied with their weight and/or physical appearance, and possess sought to improve how they appear by dieting and additional methods. It's about the tradition we live in, and what it tells females they should think about their bodies.) This is a fantastic resource for any woman with an eating disorder This is an excellent resource for just about any woman with an eating disorder. Or for any woman for that matter. Because it handles "disordered eating" as well (for instance, our obsessions with diets and overexercising) and our culture's and media's unrealistic portrayal of what females should look like. There's a way to become a mother and not feel guilty? It helps women have a wholesome look at of themselves and their bodies. It is well-written and easy to read even though it discusses the subject comprehensive. I recommend it! This reserve gives me the rubber-to-road practicality I need---at the finish of each chapter is a "Tools" section. It's about the true description of beauty and the legacy of mother-child romantic relationship that we want to pass on to your daughters (and sons). I was wrong. I would quote all the parts that spoke if you ask me, however, it would be the majority of the book. There were times I bit back tears, choked them up, and within the next second was laughing. I don't power myself to puke. It required repetitive "mom moments" and reminded me precisely how beautiful my job is, also through the vomit, the sleepless nights, and my sobbing! Reminded me that I'm important, valued, and it is OK to FEEL. One. Each day at least ten million females deny themselves acceptance and like by abusing food for some reason, shape, or form. The language isn't technical or frosty but insightful, warm, relatable. It is a book I will read often over, and gift to friends. Multi-layered, transforming, more than I expected The books that pull me most strongly will be the ones that surprise me, because they're a lot more than what they seem, more than what I expected. I reached out and grabbed this reserve because, yes, I am a mother who didn't like what she saw in the mirror. I had to stop because We was bawling my eye out. And Wierenga and Cabrera walk with me during that. They train me to appearance past what seems to be my problem (body dissatisfaction) and confront the core issues beneath the surface---like control, self-centeredness, "not really being present in your day-to-day existence. It's for the mom who has healthy eating habits but an

harmful body image."), focus, effort, determination, trusting our worth to God. Simply Wow. Wierenga and Cabrera don't just chat me through it; they walk me through it. Yet this book can be much more than what I anticipated. reading from my knees You've been looking forward to this book. We thought reviewing this reserve will be easy. This book deserves a complete frontal embrace and a cover-to-cover read by every woman who seems the tug of insecurity at her outer reflection or the flush of self-hatred at her internal manifestation. . I don't, thanks be to God, appearance at two lettuce leaves and think about them as dinner. . Perhaps, they are the same thing. Which brings me to the most earth-shattering of the many points I learned from Mom in the Mirror: "Generally when women think of body picture, they think about how they feel about their physical bodies, and how those bodies look. However, body image actually embraces everything about you -- not just how you appear, but how you think about yourself as a person. Excellent Book Although the title of this book includes the word "mom", this publication isn't only for "mom", it's for just about any woman.It's about leaving horizontal comparison, to a place of contentment and gratitude. Until I read the above quote, I never comprehended the why behind the what of this season.. See, I had always been a 'pleaser'. MEN AND WOMEN Should Read This I read a book that's targeted at women, moms, and young ladies. At page xii (that's right, still in the introduction! It's a book about females and their attitudes about their bodies, before, after and during - even long after - their pregnancies.(Disclosure: I received a free of charge ecopy of the book in exchange for a genuine review. It's in what females will perform to meet up those cultural goals. That it takes faith to go mountains, and faith to create mothers. "Mom in the Mirror: Body Image, Beauty, and Existence After Pregnancy," by Dena Cabrera and Emily Wierenga, is the book. It's about a large number of moms.! "We live in a society that demonizes extra fat," they write; "on the other hand, we are more obese than previously. It provided insights on how best to break from these perfectionist attitudes, how to recognize when I'm comparing myself (whether to true people or advertisement/television), how to begin towards recovery. Clearly, something is wrong." Something is wrong, and it's not a simple fix. Beautifully written, engaging and virtually helpful Emily Wierenga, a former anorexic, and Dena Cabrera, a specialist on eating disorders, have teamed up to create a book that tackles issues of post-pregnancy body image for any girl who has struggled in this area. I ran across this passage:So we bear the brunt of the world so that they can save it, but this is simply not, in fact, doing anyone any good because we can not save the world. With courageous vulnerability, the authors attract upon reserves of personal experience as women, wives and mothers to offer insights in to the various measurements (physical, spiritual, and emotional) of conceiving, sustaining, birthing and nurturing a complete new individual.! And we can not save ourselves. It is filled up with truth about bodies and birth and the beautiful creation they are.



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