

# Life After Birth

KATE FIGES  
New Updated Edition  
**LIFE AFTER  
BIRTH**

'Should be compulsory reading for every first-time mother'  
Rosemary Carpenter, EXPRESS



'The complete manual of the terrors, exhaustion and  
passionate emotions of the post-partum existence. A classic'  
THE TIMES

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Forget about the baby for just one minute; what about you? New motherhood changes everything. Few women are prepared for the radical shifts in identity, emotional intensity and relations with friends, family and the father of their child. In this fully revised and updated edition of the classic book that first bust the conspiracy of silence surrounding the upheaval of new motherhood, Kate Figes draws on medical and historical research, the invention of 'good' motherhood as well as personal testimony to reassure new mothers everywhere that they are not only normal if they find things difficult, but also doing fine.

作者介绍:

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