

[PDF] New Mother: Using A Doula, Midwife, Postpartum Doula, Maid, Cook, Or Nanny To Support Healing, Bonding, And Growth

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Description:

Review "Filled with great advice for expectant moms, *New Mother* makes the perfect gift for any pregnant woman. The information author Allie Chee provides allows for women to be in charge of their birth and postpartum time."

Midwifery Today

"If you are pregnant or are a new mother you cannot afford not to heed the advice given by Allie

Chee in her book, *New Mother*, if you want to experience the true joy and fulfillment of new motherhood. A very practical book written with humor and wisdom."

DR. MAO SHING NI, Ph.D., D.O.M., Dipl. ABAAHP

"If we're ever going to create a healthy and benevolent world, few things are as important as the way a mother and baby spend their first days and months together. *New Mother* offers a beautiful vision and practical support for that precious and formative time."

JOHN ROBBINS, author *No Happy Cows*, *Diet For A New America*, and *Reclaiming Our Health*

"I have never read a book like this for new mothers. I think you need it."

JAY GORDON, MD, FAAP

"I cannot wait to share this book with all my patients!"

DR. JESSICA CHEN L.Ac., DOAM, co-author, *Sitting Moon: A Guide to Natural Rejuvenation After Childbirth*

"*New Mother* is the book that should be in the hands of every woman with childbearing on her mind... *New Mother* dishes out practical advice in a fun and accessible way."

CHRISTINA PIRELLO Emmy award winning host of the National Public Television series, "Christina Cooks" and best-selling author

New Mother combines practical and helpful information from Eastern and Western practices for pregnancy and postpartum. I will recommend it to my patients and students."

Dr. NING X. FU, O.M.D., Ph.D, Senior Professor: Five Branches University of Traditional Chinese Medicine

About the Author

"If you are pregnant or are a new mother you cannot afford not to heed the advice given by Allie Chee in her book, *New Mother* if you want to experience the true joy and fulfillment of new motherhood. A very practical book written with humor and wisdom."

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