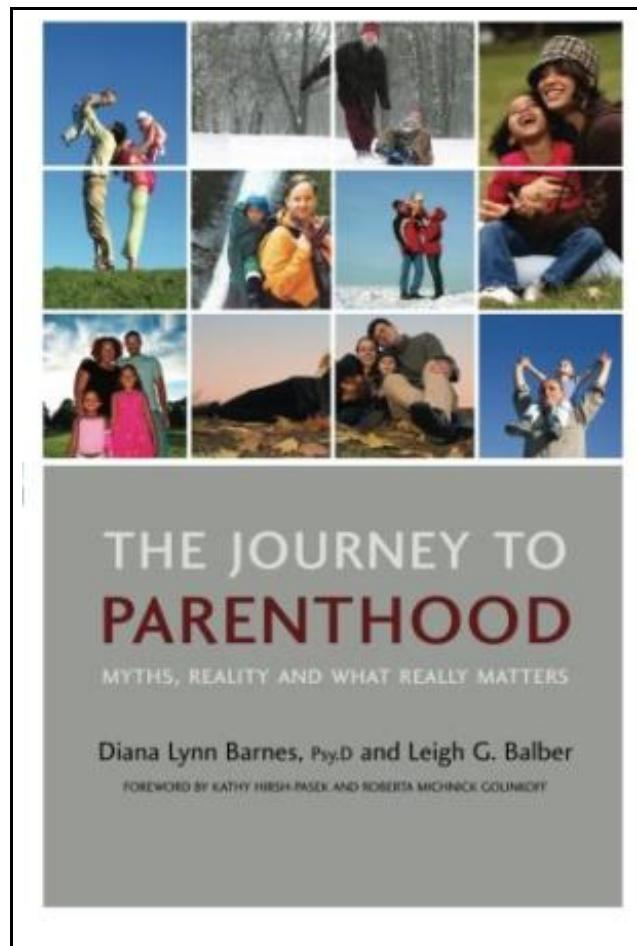


## The Journey to Parenthood: Myths, Reality and What Really Matters



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Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, The Journey to Parenthood: Myths, Reality and What Really Matters, Diana Lynn Barnes, Leigh G. Balber, This book contains a Foreword by Kathy Hirsh-Pasek and Roberta Michnick Golinkoff (authors of "Einstein Never Used Flash Cards: How Our Children Really Learn and Why They Need to Play More and Memorize less"). New and expectant parents need support and confidence. This book is designed to provide that. It assists in exploring and analyzing thoughts and feelings about childbirth and being a parent. This advice is not just for new mothers, but is great for couples and particularly useful for men in considering fatherhood and the role men play during pregnancy and after the birth. This book is about being realistic. It draws on the experiences of many parents from a wide range of backgrounds, to look at the different perceived expectations and cultural pressures imposed on new and expectant parents. It is full of helpful guidance to lead parents towards discovering the role that is right for them. It is highly recommended for health and social care professionals, therapists and counselors, for whom it provides a vital resource to help them in their daily work. Most of all, new parents and parents-to-be will love it! 'The transition to parenthood is filled with emotions-and the overriding question people ask as they ride this emotional roller coaster is: is this normal? In "The Journey to Parenthood", expectant and new parents openly share their deepest feelings and doubts, debunking the myth of parental bliss and perfection that shakes the confidence of too many moms and dads. This book offers readers the reassurance they need to recognize that the true job of parenting is not to subscribe to any cookie-cutter solutions but rather find the parenting...

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