

# Become Mother

Susan Maushart

Becoming Mother Sharon Tjaden-Glass,2015-08-01 Becoming Mother tells the story of a woman becoming a mother. It is a reflective memoir that spans from pregnancy through the end of the first year postpartum. It follows the author as she resists, denies, copes with, and ultimately embraces her identity as a mother. This isn't a guide or a parenting book. Its goal isn't to convert you to one brand of motherhood or another. Instead, its goal is to show you what becoming a mother can be like. Without sarcasm. Without boasting or martyrdom. Just the plain, messy truth of what it's like for one to become two.

*Not Becoming My Mother* Ruth Reichl,2009 Bestselling author Reichl embarks on a clear-eyed, openhearted investigation of her mother's life, piecing together the journey of a woman she comes to realize she never really knew.

On Becoming a Mother Brigid McConville,2014 Having a baby is a private miracle, yet it is also the source of much shared joy. For this reason, women and families in every country and every culture have customs to ensure that the journey into motherhood is marked and remembered. From yoga-inspired routines for resting during pregnancy to favorite proverbs printed on the khangas used to carry African newborns and the origins of the baby shower to the Japanese ritual where Sumo wrestlers make babies cry, each page of *On Becoming a Mother* is filled with inspiration, humor, and insight about the beginnings of parenthood. This beautifully curated collection of traditions, folk songs, stories, crafts, lessons, and advice from mothers around the world is the perfect gift for the new mother or mother-to-be.

*The Birth Of A Mother* Daniel N Stern,Nadia Bruschweiler-Stern,1998-12-03 As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values.As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book.Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby.The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth.During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

*A Life's Work* Rachel Cusk,2015-02-17 A New York Times Book Review Notable Book, *A Life's Work: On Becoming a Mother* is multi-award-winning author Rachel Cusk's honest memoir that captures the life-changing wonders of motherhood. Selected by the New York Times as one of the 50 Best Memoirs of the Past 50 Years The experience of motherhood is an experience in contradiction. It is commonplace and it is impossible to imagine. It is prosaic and it is mysterious. It is at once banal, bizarre, compelling, tedious, comic, and catastrophic. To become a mother is to become the chief actor in a drama of human existence to which no one turns up. It is the process by which an ordinary life is transformed unseen into a story of strange and powerful passions, of love and servitude, of confinement and compassion. In a book that is touching, hilarious, provocative, and profoundly insightful,

novelist Rachel Cusk attempts to tell something of an old story set in a new era of sexual equality. Cusk's account of a year of modern motherhood becomes many stories: a farewell to freedom, sleep, and time; a lesson in humility and hard work; a journey to the roots of love; a meditation on madness and mortality; and most of all a sentimental education in babies, books, toddler groups, bad advice, crying, breastfeeding, and never being alone. "Funny and smart and refreshingly akin to a war diary—sort of Apocalypse Baby Now...A Life's Work is wholly original and unabashedly true."—The New York Times Book Review

**Being a Green Mother** Piers Anthony, 2012-02-14 Orb had a rare gift--the magic which manifested whenever she sang or played her harp. No one could resist her music. But she knew that greater magic lay in the Llano, the mystic music that controlled all things. The quest for the Llano occupied Orb's life. Until she met Natasha, handsome and charming, and an even finer musician. But her mother Niobe came as an Aspect of Fire, with the news that Orb had been chosen for the role of Incarnation of Nature--The Green Mother. But she also warned of a prophecy that Orb was to marry Evil. Could she be sure that Natasha was not really Satan, the Master of Illusion, laying a trap for her...?

*Slay Like a Mother* Katherine Wintsch, 2019-03-19 Slay Like a Mother is a feisty, clever, and fun blueprint for modern motherhood that belongs on every book shelf and in every diaper bag...As a woman and mother, you'll gain a newfound power, happiness, and ability to leap tall Lego buildings in a single bound.—Erin Falconer, author of *How To Get Sh\*t Done: Why Women Need to Stop Doing Everything So They Can Achieve Anything* A revelatory, inspirational guide for mothers to crush their never enough mentality and slay every day! Katherine Wintsch knows firsthand the self-doubt that rages inside modern moms. As founder and CEO of The Mom Complex, she has studied the passions and pain points of moms worldwide to help some of the largest brands develop innovative new products and services. As a working mom of two, she was running in an exhausting cycle of never enough—not strong enough, not thin enough, not patient enough, not mom enough. In *Slay Like a Mother*, you'll laugh, you'll cry, and you'll discover eye-opening lessons about: THE MASK YOU'RE WEARING. The one you hide behind when you say everything is just fine when it's not. YOUR UNREALISTIC EXPECTATIONS. The goal-setting tactics you're deploying to get ahead could be what's holding you back. THE DIFFERENCE BETWEEN STRUGGLING AND SUFFERING. Being a mother is a struggle — it always has been — but your suffering is optional. Brave, supportive, and insightful, the stories and advice in this book will encourage you to live more confidently, enjoy the present, and become your best self — as a woman, a mother, and beyond. Perfect for fans of *Girl Wash Your Face* and #IMomSoHard! \*\*\*As featured in The Wall Street Journal and Parade.com\*\*\* Additional Praise for *Slay Like a Mother*: Wintsch's style is brisk and forthright with enough humor to make readers laugh even as she illuminates dark corners. Although this is aimed at moms, any woman will find this enlightening and encouraging.—Booklist, STARRED review *Slay Like a Mother* is much more than a self-help book for women; it is the end of self-doubt and the beginning of self-love... and that is nothing short of life-changing—Rachel Macy Stafford, New York Times bestselling author of *Hands Free Mama*

**What We Will Become** Mimi Lemay, 2019 A mother's memoir of her transgender child's odyssey, and her journey outside the boundaries of the faith and culture that shaped her. From the age of two-and-a-half, Jacob, born Em, adamantly told his family he was a boy. While his mother Mimi struggled to understand and come to terms with the fact that her child may be transgender, she experienced a sense of déjà vu--the journey to uncover the source of her child's inner turmoil unearthed ghosts from Mimi's past and her own struggle to live an authentic life. Mimi was raised in an ultra-Orthodox Jewish family, every aspect of her life dictated by ancient rules and her role as a woman largely preordained from cradle to grave. As a young woman, Mimi wrestled with the demands of her faith and eventually made the painful decision to leave her religious community and the strict gender roles it upheld. Having risen from the ashes of her former life, Mimi was prepared to help her son forge a new one -- at a time when there was little consensus on how best to help young transgender children. Dual narratives of faith and motherhood weave together to form a heartfelt portrait of

an unforgettable family. Brimming with love and courage, *What We Will Become* is a powerful testament to how painful events from the past can be redeemed to give us hope for the future.

Becoming a Mother Ramona Thieme Mercer, 1995 This volume offers a comprehensive review of all the current knowledge on maternal role attainment since Reva Rubin's seminal work. Drawing from research in nursing, maternal-child health, psychology, sociology, and social work, the book examines the psychological transition to motherhood from a contemporary, multidisciplinary perspective. Special circumstances such as preterm birth and single parenthood are discussed, as well as the effects of maternal employment and maternal age (such as teens and older mothers). This volume should be of value for use in courses in maternity nursing, women's studies, community and social psychology, and social work, as well as for health professionals providing care for the woman during pregnancy and early motherhood.--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

**Mothers Before** Edan Lepucki, 2020-04-07 Who was your mother before she was a mother? Essays and photos from Brit Bennett, Jennifer Egan, Danzy Senna, Laura Lippman, Jia Tolentino, and many more. In this remarkable collection, New York Times-bestselling novelist Edan Lepucki gathers more than sixty original essays and favorite photographs to explore this question. The daughters in *Mothers Before* are writers and poets, artists and teachers, and the images and stories they share reveal the lives of women in ways that are vulnerable and true, sometimes funny, sometimes sad, and always moving. Contributors include: Brit Bennett \* Jennine Capó Crucet \* Jennifer Egan \* Angela Garbes \* Annabeth Gish \* Alison Roman \* Lisa See \* Danzy Senna \* Dana Spiotta \* Lan Samantha Chang \* Laura Lippman \* Jia Tolentino \* Tiffany Nguyen \* Charmaine Craig \* Maya Ramakrishnan \* Eirene Donohue \* and many others

How to Become Mother-Friendly Barbara Hotelling, Helen A. Gordon, 2014-04-14 Print+CourseSmart

*Strong As a Mother* Kate Rope, 2018-05-01 Expert, practical advice for complete mental and physical maternal health Kate Rope's *Strong as a Mother* is a practical and compassionate guide to preparing for a smooth start to motherhood. Everyone knows the secret to having "the Happiest Baby on the Block." This is your guide to being the Sanest Mommy on the Block. It will prepare you with humor and grace for what lies ahead, give you the tools you need to take care of yourself, permission to struggle at times, and professional advice on how to move through it when you do. This book will become a dog-eared resource on your nightstand, offering you the same care and support that you are working so hard to provide to your child. It will help you prioritize your emotional health, set boundaries and ask for help, make choices about feeding and childcare that feel good to you, get good sleep, create a strong relationship with your partner, make self care an everyday priority, trust your instincts, and actually enjoy the hardest job you will ever love. This book is here to take care of you.

**The Mask of Motherhood** Susan Maushart, 2000-05-01 Becoming a mother is filled with the extremes of emotion --the highest highs and the lowest lows. But women are often reluctant to talk honestly about the experience for fear they'll be seen as bad mothers. With wit and candor, *The Mask of Motherhood* takes on the myths and the misinformation, helping women to prepare and deal with the depth of feeling that comes with the experience and perhaps most important, it lets them know that many, if not most, new mothers are feeling the same way. Susan Maushart, sociologist and mother of three, explores how motherhood affects our marriages and friendships, our relationships with parents, our sex lives, and our self-esteem. In *The Mask of Motherhood*, mothers will find the comfort and reassurance they are looking for, and confirmation that, indeed, motherhood is the toughest job in the world, but can also be the most rewarding.

**From Here to Maternity (Reissue)** Oakley, Ann, 2019-09-01 Ann Oakley is a pioneer in the field of sociological research. In this classic re-issue, she interviewed 60 women to find out what it's really like to have a baby. Covering pregnancy, birth and child care, she relies on the stories mothers

tell to discuss whether and why women want to become pregnant, how they imagine motherhood to be, the experience of birth, post-natal depression, feeding and caring routines and the challenges for the domestic division of labour and to fathers. She shows that most women are unprepared for the birth or the work of caring for a baby, but also for the joys that a baby can bring. As topical today as the day it was written, this important book was the first to examine first-time motherhood in the words of those experiencing it, and it continues to influence generations of researchers today.

*Like a Mother* Angela Garbes, 2018-05-29 A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood. Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

**Train Like a Mother** Dmitry McDowell, Sarah Bowen Shea, 2012-03-20 The authors of *Run Like a Mother* share a comprehensive guide to race training for busy runners of all experience levels. In *Train Like a Mother*, elite runners Dmitry McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race—from training plan to finish line. Covering four race distances (5K, 10K, half-marathon, and marathon), they discuss pre- and post-race nutrition; strength training; injury prevention (and rehab); the importance of recovery; and everything busy women need to know to add racing to their multitasking schedules. It is all presented with the same wit, empathy, and tone the avid fans connect and identify with.

Motherhood Reimagined Sarah Kowalski, 2017-10-17 At the age of thirty-nine, Sarah Kowalski heard her biological clock ticking, loudly. A single woman harboring a deep ambivalence about motherhood, Kowalski needed to decide once and for all: Did she want a baby or not? More importantly, with no partner on the horizon, did she want to have a baby alone? Once she revised her idea of motherhood—from an experience she would share with a partner to a journey she would embark upon alone—the answer came up a resounding Yes. After exploring her options, Kowalski chose to conceive using a sperm donor, but her plan stopped short when a doctor declared her infertile. How far would she go to make motherhood a reality? Kowalski catapulted herself into a diligent regimen of herbs, Qigong, meditation, acupuncture, and more, in a quest to improve her chances of conception. Along the way, she delved deep into spiritual healing practices, facing down demons of self-doubt and self-hatred, ultimately discovering an unconventional path to parenthood. In the end, to become a mother, Kowalski did everything she said she would never do. And she wouldn't change a thing. A story of personal triumph and unconditional love, *Motherhood Reimagined* reveals what happens when we release what's expected and embrace what's possible.

*Single by Chance, Mothers by Choice: How Women are Choosing Parenthood without Marriage and Creating the New American Family* Rosanna

Hertz,2006-10-01 A remarkable number of women today are taking the daunting step of having children outside of marriage. In *Single By Chance, Mothers By Choice*, Rosanna Hertz offers the first full-scale account of this fast-growing phenomenon, revealing why these middle class women took this unorthodox path and how they have managed to make single parenthood work for them. Hertz interviewed 65 women--ranging from physicians and financial analysts to social workers, teachers, and secretaries--women who speak candidly about how they manage their lives and families as single mothers. What Hertz discovers are not ideologues but reluctant revolutionaries, women who--whether straight or gay--struggle to conform to the conventional definitions of mother, child, and family. Having tossed out the rulebook in order to become mothers, they nonetheless adhere to time-honored rules about child-rearing. As they tell their stories, they shed light on their paths to motherhood, describing how they summoned up the courage to pursue their dream, how they broke the news to parents, siblings, friends, and co-workers, how they went about buying sperm from fertility banks or adopting children of different races. They recount how their personal and social histories intersected to enable them to pursue their dream of motherhood, and how they navigate daily life. What does it mean to be single in terms of romance and parenting? How do women juggle earning a paycheck with parenting? What creative ways have women devised to shore up these families? How do they incorporate men into their child-centered families? This book provides concrete, informative answers to all these questions. A unique window on the future of the family, this book offers a gold mine of insight and reassurance for any woman contemplating this rewarding if unconventional step.

**Mom at Last** Sharon Simons,2013-08-01 Her biological clock ticking louder each day, Sharon Simon felt her heart sink as yet another "Mr. Wonderful" turned out to be a frog---not the prince she was waiting for. But when the right man did come along, their journey toward parenthood seemed more like a machete trail through a jungle than the smooth path of her dreams. Enduring multiple failed IVFs and the loss of their unborn twins, Sharon and her husband decided to adopt---taking a whirlwind trip to Russia and navigating the rough waters of international adoption red tape. Their journey ended, or rather began, when two baby boys were placed in their arms for the long trip home. Part love story, part adoption memoir, and all heart, *Mom at Last* is the story of one woman's fierce determination to become a mother. Full of setbacks and emotionally devastating pitfalls, ultimately the journey leads her to true love and pure joy. *Mom at Last* will inspire women who find themselves on that sometimes difficult journey to motherhood, giving hope that motherhood is possible and encouraging women to never give up on their dreams. While every journey to motherhood is different, *Mom at Last* lets women know they are not alone in the struggle toward motherhood.

**Meanings of Life** Roy F. Baumeister,1991-01-01 Who among us has not at some point asked, what is the meaning of life?' In this extraordinary book, an eminent social scientist looks at the big picture and explores what empirical studies from diverse fields tell us about the human condition. *MEANINGS OF LIFE* draws together evidence from psychology, history, anthropology, and sociology, integrating copious research findings into a clear and conclusive discussion of how people attempt to make sense of their lives. In a lively and accessible style, emphasizing facts over theories, Baumeister explores why people desire meaning in their lives, how these meanings function, what forms they take, and what happens when life loses meaning. It is the most comprehensive examination of the topic to date.

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