



A Mother is Born: Preparing for Motherhood During Pregnancy

Anna Leonhardt-Lupa

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A wise and gentle guide, Merete Leonhardt-Lupa takes the reader's hand and accompanies her on a most extraordinary journey: pregnancy through new motherhood. *A Mother is Born* reminds us that the psychological, emotional, and physical transformations of the mother-to-be are no less wondrous or complex than the new life she harbors. Leonhardt-Lupa helps us understand how a woman struggles, grows, develops, and is empowered as she becomes a mother. This is a life-affirming book that both new mothers and new fathers will benefit from reading. - Evelyn Bassoff, Ph.D. Author of *Between Mothers and Sons: The Making of Vital and Loving Men*.

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