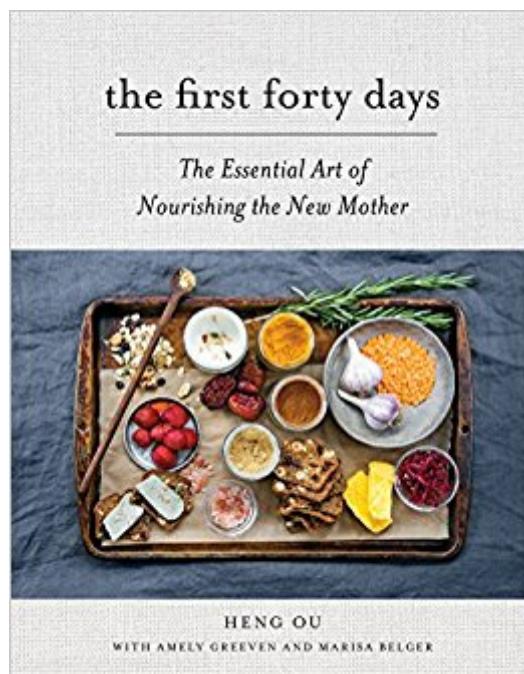


The book was found

The First Forty Days: The Essential Art Of Nourishing The New Mother



Synopsis

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with zuo yuezi, a set period of "confinement" in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance. The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. *The First Forty Days*, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

Book Information

Hardcover: 224 pages

Publisher: Harry N. Abrams (April 26, 2016)

Language: English

ISBN-10: 1617691836

ISBN-13: 978-1617691836

Product Dimensions: 7.2 x 0.9 x 9.4 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 62 customer reviews

Best Sellers Rank: #7,092 in Books (See Top 100 in Books) #18 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #26 in Books > Parenting & Relationships > Family Relationships > Motherhood #46 in Books > Parenting & Relationships > Parenting > Early Childhood

Customer Reviews

Women are beginning to see the range of choices they have during pregnancy and birth, but the journey isn't over when the baby arrives. Bringing our attention back to the importance of

the postpartum period for new mothers helps to create space for this essential period of integration and recovery. The First 40 Days is an invaluable companion during the first 40 days and beyond. (Ricki Lake & Abby Epstein, Filmmakers, The Business of Being Born)

Heng Ou is the founder of MotherBees, a food and lifestyle company supporting women through every stage of motherhood.

Amely Greeven is the coauthor of the New York Times bestseller Clean.

Marisa Belger is a writer and editor whose work has appeared in numerous magazines and websites including Natural Health, Prevention, Travel + Leisure, and New York.

This book is worth its weight in gold. I've used many of the recipes and given it away as gifts. I even shared it around professionally with postpartum nurses. Great resource.

Love this book!! The postpartum period is such a beautiful time that has lost its value. I've been recommending this book to all pregnant mothers, and reminding them the importance of taking it slow, healing, and connecting with baby.

A necessary read for all mothers, and everyone and anyone around babies and mommies for that matter. Really helped prepare me to be nourished well and in a good position for postpartum well being.

Beautiful book. Great recipes, amazing information. A must have

Such a beautiful book! I haven't had time to read all the way through but the images are stunning, and it would be a great gift for new mothers.

Have not read it all the way through yet, but am really enjoying it so far. Our bodies go through a lot with pregnancy, and this book encourages women to take care of themselves as well after the pregnancy as well, and to ask for help when needed. We too often in society today feel rushed to get back to normal , just do what feels right to you! A great guide!

I really love this book. every woman should be pampered like this after she has her baby

I love this book. Read it as I was mentally preparing to be pregnant again and saw a lot of things I wish I had incorporated the first time. I will incorporate many of the practices the second time with hopes it'll keep PND at bay.

[Download to continue reading...](#)

The First Forty Days: The Essential Art of Nourishing the New Mother The Nourishing Traditions Cookbook for Children: Teaching Children to Cook the Nourishing Traditions Way Forty Days and Forty Nights - in Yemen: A Journey to Tarim, the City of Light Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes :: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) The Berlin Cookbook. Traditional Recipes and Nourishing Stories. The First and Only Cookbook from Berlin, Germany, with many authentic German dishes First Bites: Homemade, Nourishing Recipes from Baby Spoonfuls to Toddler Treats Kintsugi Wellness: The Japanese Art of Nourishing Mind, Body, and Soul The Sacred Art of Listening: Forty Reflections for Cultivating a Spiritual Practice (The Art of Spiritual Living) Recipes for Life After Weight-Loss Surgery, Revised and Updated: Delicious Dishes for Nourishing the New You and the Latest Information on Lower-BMI Gastric Banding Procedures The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food (A New Harbinger Self-Help Workbook) Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health Essential Oils For Pets: Ultimate Guide for Amazingly Effective Natural Remedies For Pets (Natural Pet Remedies,Essential Oils Dogs, Essential Oils Cats,Aromatherapy Pets,Essential Oils For Pets,) Aromatherapy & Essential Oils: The Complete Aromatherapy & Essential Oils Guide for Beginners (Essential Oils Book, Aromatherapy Book, Essential Oils and Aromatherapy Recipes for Everyone) The Hill Tribes of Fiji: A Record of Forty Years' Intimate Connection With the Tribes of the Mountainous Interior of Fiji With a Description of Their ... Physical, From the Days of Cannibalism to Forty Days to a Closer Walk with God: The Practice of Centering Prayer In Search of the Forty Days Road Venice in 3 Days (Travel Guide 2017): A Perfect Plan on How to Enjoy 3 Amazing Days in Venice, Italy: A Guide Book with:3 Days Itinerary,Google Maps,Food Guide,+ 20 Local Secrets to Save Time & Money Madison Wisconsin in 3 Days (Travel Guide 2015): A Perfect Plan with the Best Things to Do in Madison Wisconsin in 3 Days: Get a Detailed Itinerary and ... 3 Amazing Days

in Madison,WI.Save Time & \$ My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)