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Hot Flashes Warm Bottles : First-Time Mothers Over Forty

Nancy London

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As an older first-time mother of a young daughter, Nancy London combed the bookshelves in search of support and guidance for some of the emotional and physical challenges she faced. To her dismay, she found that most parenting books were written for much younger women, while books on midlife assumed the female reader had grown children. The next day, Nancy ran an ad in the local newspaper to start a support group for first-time moms over forty, and her phone hasn't stopped ringing since. Hot Flashes, Warm Bottles is the first prescriptive and anecdotal guidebook for the multitudes of older moms, and distills the wisdom, insight, and practical advice gathered during her years as a therapist and support group leader. With tips for renewing physical and sexual energy, parenting after infertility and adoption, balancing career and family, and caring for elderly parents, the personal stories from these older moms are often humorous, sometimes surprising, but always reassuring. Without exception, the reader will be left with the comforting knowledge that she is not alone on her journey. Hot Flashes fills a much-needed place in the parenting field, at a time when more and more women are embracing motherhood later in life.

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