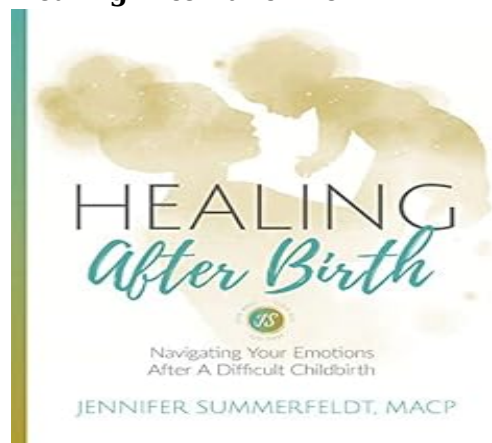


Healing After Birth: Navigating Your Emotions After A Difficult Childbirth By Jennifer Summerfeldt
Healing After birthmom



Did you have an unexpected difficult or scary childbirth experience? Did you feel utterly unprepared for what took place during labour and delivery and for what followed? After giving birth were you left with unanswered questions unresolved grief and emotional challenges? Do you sometimes feel that what you experienced was traumatic? If this is you you are not alone. **Healing After birthmother** Touching and soulful Jennifer takes the reader to the root of it all and guides us through the process of unfolding undoing and re creating ourselves to be the beautiful wonderful messy Divine mothers we are at our core,

Healing After birthon

Jennifer holds an MA in counseling psychology and is a Certified Canadian Counsellor with nearly 20 years of experience in maternal health and psychology studies. **Healing After birthtracks** Located in Canada she uses her expertise and voice to help advance the dialogue on maternal mental health childbirth trauma and trauma informed care for childbirth professionals, **Healing After birthmark removal** She inspires women to bravely engage in their healing journey, **Healing After birthwise** Jennifer's leading point of view is: As caregivers we do not learn the skill of holding space for healing we earn it by doing our deep inner work. **Healing After birthmark removal** Many women have unexpected difficult or even traumatic birthing experiences. **Healing After birthrate** Yet too often mothers are left to resolve their feelings on their own: **Healing After birthwise** This guidebook will help you make sense of your unexpected birthing experience, **Healing After birthon** It will help you understand why you are struggling in the post partum matter how many days months or years it has been. **Healing After birthmark removal** And it will lead you through simple yet effective reflective exercises that you can do at home to help you feel better, **Healing After birthmark removal** Stop living with grief anger regret or shame about your birthing experience, **Healing After birthmark removal** Reclaim your birth story deepen your bond with your child and confidently step into your role as a mother: **Healing After birthmark removal** This guidebook will help mothers make sense of their unexpected birthing experiences, **Healing After birthtracks** It will help them understand why they are struggling in the postpartum matter how many days months or years it has been, **Healing After birthname** And it will lead them through simple yet effective reflective exercises that they can do at home to help them feel better: **Healing After birthrate** **Healing After Birth: Navigating Your Emotions After A Difficult Childbirth** **Healing After Birth** this book is SO powerful. **Healing After birthrate** Through my reading it I've been in tears I've got anger and sadness bubbling up and I want to give all mothers and mothers to be great big hugs. **Healing After birthnight** Written with such insight honesty and vulnerability this book is for all women: all mothers all women, **Healing After birthmark removal** Jennifer has written from her decades worth of experience in the field as well as a mother to three: **Healing After birthrate** A pioneer in her field her visionary work will move you! **Healing After Birth** is a powerful work of our collective herstory, **Healing After birthmark removal** A great big ecstatic hurrah! for the birth of

this book!! :) Healing After Birth: Navigating Your Emotions After A Difficult Childbirth.

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