

[PDF] Breastfeeding Made Simple: Seven Natural Laws For Nursing Mothers

Kathleen Kendall-Tackett, Nancy Mohrbacher - pdf download free book



Books Details:

Title: Breastfeeding Made Simple: Se
Author: Kathleen Kendall-Tackett, Na
Released: 2005-10-15
Language:
Pages: 296
ISBN: 1572244046
ISBN13: 978-1572244047
ASIN: 1572244046

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Description:

From the Publisher Two breastfeeding specialists team up to provide new mothers with a set of seven basic principles—representing the most up-to-date information in the field—that lead to successful breastfeeding.

About the Author Kathleen Kendall-Tackett, PhD, IBCLC, is a health psychologist and international board-certified lactation consultant. She is research associate professor of psychology at the University of New Hampshire's Family Research Lab in Durham, NH, and a fellow of the American Psychological Association. She is a La Leche League leader, the La Leche League area professional liaison for Maine and New Hampshire, and chair of the New Hampshire Breastfeeding Taskforce. Kendall-Tackett is author or editor of ten books including *The Hidden Feelings of Motherhood*, *The Well-Ordered Home*, *The Well-Ordered Office*, and *Depression in New Mothers*.

She has received several awards including the Outstanding Research Study Award from the American Professional Society on the Abuse of Children, and most recently, she was named 2003 Distinguished Alumna by the College of Behavioral and Social Sciences at California State University, Chico.

Nancy Mohrbacher, IBCLC, FILCA, is the author and coauthor of several popular breastfeeding books, including *Breastfeeding Made Simple*, *Breastfeeding Answers Made Simple*, and *The Breastfeeding Answer Book*. She has helped thousands of breastfeeding families in the greater Chicago area, and in 2008 she was officially recognized by the International Lactation Consultant Association (ILCA).

Jack Newman, MD, is a pediatrician and author of *The Ultimate Breastfeeding Book of Answers*. He is a graduate of the University of Toronto medical school. He started the first hospital-based breastfeeding clinic in Canada in 1984 and has consulted with UNICEF for the Baby Friendly Hospital Initiative in Africa. Newman has practiced as a physician in Canada, New Zealand, and South Africa.

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