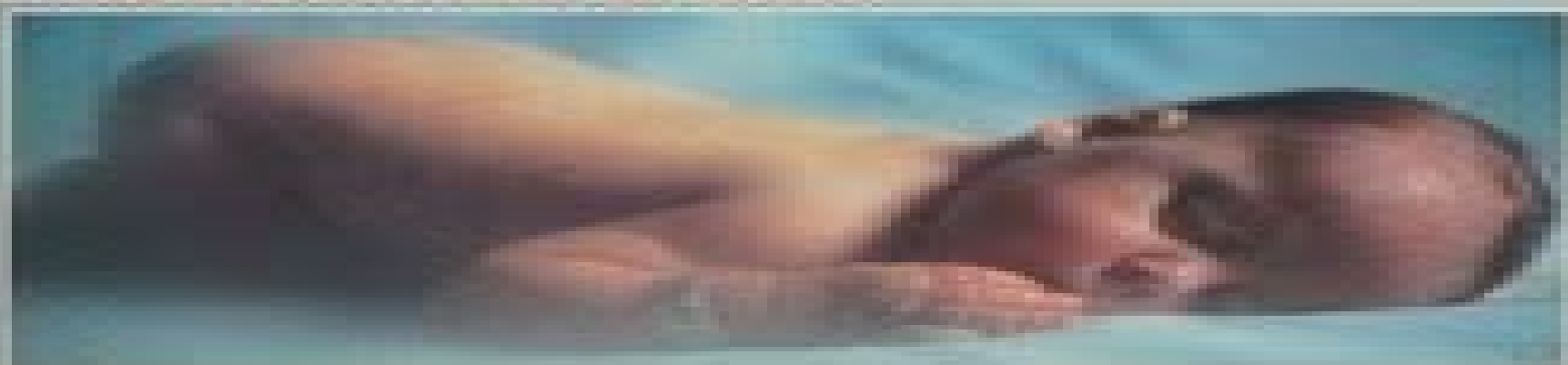


TAKING THE BLUES OUT OF POSTPARTUM

*HOW TO HANDLE THE
MOST COMMON PROBLEMS
YOU'LL FACE—*

- HOW YOU CAN LOOK AND
FEEL BETTER FASTER*
- BREAST OR BOTTLE? THE BEST
CHOICE FOR YOU*
- GETTING THE BABY TO
SLEEP THROUGH THE NIGHT*
- ADVICE FOR FATHERS ON
BECOMING A DAD*



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ADVICE FOR WORKING PARENTS AND MOTHERS TODAY

Taking The Blues Out Of Postpartum

Annelies Wilder-Smith



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