



Why Is Breastfeeding So Freaking Hard?: A Tree Hugging-Free Comprehensive Guide To Help You Master The Beautiful, Un-Sexy, Emotion-Filled Breastfeeding Experience

Dalya Lateef Ph.D.

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"This book is not your mother's breastfeeding guide!" Why is Breastfeeding So Freaking Hard? is a comprehensive, non-intimidating resource for everything you need to know at the start of and during a successful breastfeeding journey. This humorous, landmark book discusses common (and not so common) breastfeeding challenges and ways to overcome them based on the author's personal breastfeeding experiences and discusses everything from diet and nutrition to intimacy in one easy-to-read reference you will use year after year, and baby after baby. This book also answers questions about going back to work, social stigmas, responding to negative feedback, self-care, tandem nursing and nursing older children, public nursing, helping dad and others bond with baby and much, much more.

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