



# **Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships**

*Rick Hanson, Jan Hanson, Ricki Pollycove*

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Mothers today juggle more tasks, work longer hours, and sleep less than their own mothers did. Yet the self-healing revolution has overlooked the most significant issue in the lives of some twenty million women: how to cope with the relentless, sometimes overwhelming, stresses of raising young children in the twenty-first century. Psychologist Rick Hanson, acupuncturist and nutritionist Jan Hanson, and obstetrician/gynecologist Ricki Pollycove offer hundreds of practical ways a mother can lift her mood, stay energetic and healthy, build teamwork and intimacy with her partner, and be at her best for her family during the stressful and crucial first six years of her child's life. They also explain how the strains of motherhood can literally deplete a woman's body, draining it of important nutrients such as minerals and amino acids--sometimes so severely that she experiences Depleted Mother Syndrome (DMS). Covering everything from stress relief in the middle of a crazy day to getting more sleep, eating better, balancing home and work, sharing the load fairly, and keeping a strong love alive with her partner, *Mother Nurture* is the first book to present a comprehensive program that helps a mom take care of herself while she takes care of her family.

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