



Becoming a Calm Mom: How to Manage Stress and Enjoy the First Year of Motherhood

Deborah Roth Ledley

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Having a new baby is a life-changing event that brings both delight and doubt in its wake. All new moms have thoughts such as

- Why can't I soothe my baby?
- Are other new moms handling motherhood better than I am?
- Is it selfish to want time for myself now that I have a baby who needs me?
- Will my partner and I ever stop squabbling now that baby makes three?

These kinds of thoughts can lead even the most confident women to feel stressed out and anxious.

Becoming a Calm Mom balances scientifically sound techniques from an experienced cognitive-behavioral therapist with friendly advice from fellow new moms to help moms successfully overcome the self-doubt that so often arrives along with their first bundle of joy.

Author Deborah Roth Ledley is a mother of two and a clinical psychologist who specializes in anxiety disorders and works with new mothers. In this book she introduces six simple strategies to handle the inevitable stress we all experience during the first year of motherhood.

The Calm Mom Toolbox includes strategies for healthy thinking, behavior, communication, and decision-making, as well as relaxation skills and approaches to nurturing existing and new relationships. Rather than simply giving advice, *Becoming a Calm Mom* teaches skills to help new moms function better, and gain more enjoyment from this exciting stage of life.

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