



Mom in the Mirror: Body Image, Beauty, and Life after Pregnancy

Dena Cabrera, Emily T. Wierenga

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Mom in the Mirror: Body Image, Beauty, and Life after Pregnancy is for every woman who has ever doubted herself or her self-worth after the birth of a child. Because most women spend much of their lives attempting to change their bodies, it's not surprising that the weight gain that comes along with pregnancy (and post-pregnancy), coupled with the challenges of parenting, only exacerbate issues with weight, body image, disordered eating, and self-esteem.

Drawing on the wisdom of eating disorders expert Dr. Dena Cabrera, as well as the personal experiences of former anorexic Emily Wierenga, *Mom in the Mirror* is a physical, mental, emotional, and spiritual response to a female generation seeking its true identity in an appearance-based world. With chapters that deal with bruises from the past, misconceptions about pregnancy, life before and after children, marriage and motherhood, spiritual and physical nourishment, relationships with friends and family, and the changing role of a mother as her children age, it is a holistic approach to the age-old questions: Who am I, and why am I here? Comprising personal stories, expert advice, reflection questions, and helpful tools, this book is an inspiring read intended for women everywhere who want to restore a positive body image and to overcome the insecurities that arise when pregnancy is over and child-rearing begins.

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