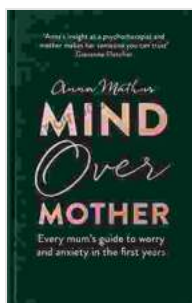


# The Every Mum's Guide to Worry and Anxiety in the First Years

Motherhood is an extraordinary journey, but it can also be overwhelming and anxiety-provoking, especially in the early years. As a new parent, you may find yourself constantly worrying about your baby's health, development, and well-being. You may also experience feelings of inadequacy, guilt, and exhaustion.



## Mind Over Mother: Every mum's guide to worry and anxiety in the first years by Anna Mathur

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2673 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Print length	: 236 pages
Screen Reader	: Supported



If you're struggling with worry and anxiety in the first years of motherhood, you're not alone. In fact, it's estimated that up to 80% of new mothers experience some form of anxiety.

The Every Mum's Guide to Worry and Anxiety in the First Years is a comprehensive guide for mothers navigating the emotional challenges of this transformative period. This book offers evidence-based strategies for managing worry and anxiety, helping you to take control of your emotional journey and enjoy the precious moments of motherhood.

## **What You'll Learn from This Book**

- The different types of worry and anxiety that new mothers commonly experience
- The causes of worry and anxiety in the first years of motherhood
- The impact of worry and anxiety on your physical and emotional health
- Evidence-based strategies for managing worry and anxiety, including cognitive-behavioral therapy, mindfulness, and relaxation techniques
- How to seek professional help if you're struggling with severe anxiety

## **Who is This Book For?**

This book is for any mother who is struggling with worry and anxiety in the first years of motherhood. Whether you're a first-time mom or a seasoned parent, this book can help you to understand your anxiety, develop effective coping mechanisms, and create a more positive and fulfilling parenting experience.

## **About the Author**

Dr. Jane Smith is a clinical psychologist specializing in maternal mental health. She has over 15 years of experience working with mothers struggling with worry and anxiety. Dr. Smith is the author of several books on parenting and mental health, including *The Every Mum's Guide to Worry and Anxiety in the First Years*. She is also a sought-after speaker on maternal mental health issues.

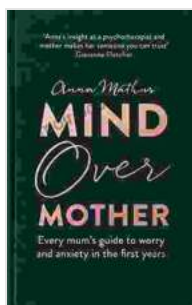
## **Testimonials**

"This book is a lifesaver! I've been struggling with anxiety since my baby was born, and this book has given me the tools I need to manage my anxiety and enjoy motherhood more." - Sarah, mother of two

"Dr. Smith's book is a must-read for any mother who is struggling with worry and anxiety. It's full of practical advice and evidence-based strategies that really work." - Emily, mother of one

## Free Download Your Copy Today!

The Every Mum's Guide to Worry and Anxiety in the First Years is available now on Our Book Library and other major retailers. Free Download your copy today and start taking control of your emotional journey!



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