

The Joys Of Motherhood

As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschiweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

A warm, wise, and urgent guide to parenting in uncertain times, from a longtime reporter on race, reproductive health, and politics. In *We Live for the We*, first-time mother Dani McClain sets out to understand how to raise her daughter in what she, as a black woman, knows to be an unjust -- even hostile -- society. Black women are more likely to die during pregnancy or birth than any other race; black mothers must stand before television cameras telling the world that their slain children were human beings. What, then, is the best way to keep fear at bay and raise a child so she lives with dignity and joy? McClain spoke with mothers on the frontlines of movements for social, political, and cultural change who are grappling with the same questions. Following a child's development from infancy to the teenage years, *We Live for the We* touches on everything from the importance of creativity to building a mutually supportive community to navigating one's relationship with power and authority. It is an essential handbook to help us imagine the society we build for the next generation.

Acclaimed author Margaret George tells the story of the legendary Greek woman whose face "launched a thousand ships" in this New York Times bestseller. The Trojan War, fought nearly twelve hundred years before the birth of Christ, and recounted in Homer's *Iliad*, continues to haunt us because of its origins: one woman's beauty, a visiting prince's passion, and a love that ended in tragedy. Laden with doom, yet surprising in its moments of innocence and beauty, *Helen of Troy* is an exquisite page-turner with a cast of irresistible, legendary characters—Odysseus, Hector, Achilles, Menelaus, Priam, Clytemnestra, Agamemnon, as well as Helen and Paris themselves. With a wealth of material that reproduces the Age of Bronze in all its glory, it brings to life a war that we have all learned about but never before experienced.

Did you ever Google “pregnancy after 35” or “getting pregnant at 40” for helpful advice and inspiration on your way to motherhood? Did your excitement and hope turn into disbelief and shock when your search turned up millions of gut wrenching stories on the risks and dangers of later pregnancies and the staggering rise of age related infertility in women? *The Joy of Later Motherhood* is the much-needed antidote to all the negative hype surrounding motherhood at advanced maternal age (which is 35+). Written by seasoned journalist Bettina Gordon-Wayne—herself a first-time mom at 44 and the third generation of women in her family who did not get the memo that conceiving a baby after 40 is dangerous, if not outright impossible—*The Joy of Later Motherhood* is: Positive, honest, deeply human, and an inspiring guide to mature motherhood that will undoubtedly boost your fertility and your chances of getting pregnant; Full of real-life stories and helpful insights of more than 40 women over 40 (and top natural fertility experts) who all had natural pregnancies and healthy babies. With love and candor these women tell of heartbreak—like infertility diagnosis and miscarriage—and triumph—from healing diseases to finding their faith. They share their stories in order to empower other women to approach the topic of later motherhood from a position of strength and courage and to show them what's possible and, in fact, natural. If you are looking for a medical book focused on only the physical aspect of pregnancy, this may not be the right one for you. *The Joy of Later Motherhood* is written by experts of a different kind. It's written from the perspective of the women who actually achieved what millions of women are striving for: naturally conceiving a healthy baby after 35 and, especially, after 40. You'll learn how to prepare for pregnancy, even if you choose in vitro fertilization or were diagnosed with unexplained infertility or were trying to get pregnant for years. You'll get advice on how to get pregnant naturally and what natural family planning methods worked for other women. But maybe most importantly, you'll learn that trying to get pregnant is not just a physical matter, but also a matter of the mind and maybe even your spiritual beliefs as these women attest to. *The Joy of Later Motherhood* is for you if the following rings true: You hear your biological clock ticking, but you don't want to be in a panic about it like everyone else. You are afraid that your body may fail you. Or that your contradictory thoughts—“I would love to have a baby, but I don't think I can give up my freedom!”—may influence your fertility. You feel alone and isolated because you've already experienced more than your fair share of heartache. You need different perspectives to help you go on. You wonder if it is fair to a child to have older parents and whether he'll have to shoulder the burden of an ailing mother or father long before his peers. Maybe you are worried or are upset. Maybe you doubt that motherhood will ever happen for you. We get it. We've been there. With our stories, we want to lovingly see you through this journey as much as we can. We've got you.

Mothers and Daughters

A Novel

A Celebration of Motherhood

The Joy of Pregnancy

Second-class Citizen

The Need

From the author of *How Should a Person Be?* (“one of the most talked-about books of the year”—*Time Magazine*) and the New York Times Bestseller *Women in Clothes* comes a daring novel about whether to have children. In *Motherhood*, Sheila Heti asks what is gained and what is lost when a woman becomes a mother, treating the most consequential decision of early adulthood with the candor, originality, and humor that have won Heti international acclaim and made *How Should A Person Be?* required reading for a generation. In her late thirties, when her friends are asking when they will become mothers, the narrator of Heti's intimate and urgent novel considers whether she will do so at all. In a narrative

spanning several years, casting among the influence of her peers, partner, and her duties to her forbearers, she struggles to make a wise and moral choice. After seeking guidance from philosophy, her body, mysticism, and chance, she discovers her answer much closer to home. **Motherhood is a courageous, keenly felt, and starkly original novel that will surely spark lively conversations about womanhood, parenthood, and about how—and for whom—to live.**

Become a calmer and happier mother with Buddhism for Mothers. 'This is an excellent, practical guide to everyday Buddhism not just for mothers, but for everyone who has ever had a mother. ' Vicki Mackenzie, author of the bestselling Why Buddhism Parenthood can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. Buddhism for Mothers explores the potential to be with your children in the all-important present moment; to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers ways of coping with the day-to-day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering Buddhism for Mothers can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worthwhile reading this book. It can make a difference.

Are you expecting mystery, sensuality, wonder, and delight? If you're pregnant, you should be!

Sixteen-year-old Okei, left an orphan after the Nigerian civil war, engages in a wrestling match to prove to his critical uncle and aunt that he is not as idle and worthless as they think.

Deliberate Motherhood

HIV-positive Motherhood in South Africa

A Calm Approach to Caring for Yourself and Your Children

The Paradox of Modern Parenthood

Panic and Joy on My Solo Path to Motherhood

The Birth Of A Mother

"This new collection of vintage-with-a-twist work by Ann Taintor brings together nearly 100 of her best and most popular images and signature hilarious commentary on the joys, challenges, and cocktail hours of motherhood."--Book jacket.

A first anthology of writings--by Adrienne Rich, Harriet Lerner, Louise Erdrich, Jon Kabat-Zinn, and others--to focus on the emotional and spiritual dimensions of motherhood offers guidance on how to navigate the tumultuous inner experience of being a mother with all its joy, pain, and uncertainty. 25,000 first printing.

...a graceful, touching, ironically titled tale. - John Updike A new edition of her classic novel to coincide with the publication of her other works in the African Writers Series. Nnu Ego is a woman devoted to her children, giving them all her energy, all her worldly possessions, indeed, all her life to them -- with the result that she finds herself friendless and alone in middle age. This story of a young mother's struggles in 1950s Lagos is a powerful commentary on polygamy, patriarchy, and women's changing roles in urban Nigeria.

An inspirational compendium of wit, wisdom, and happiness, *The Joy of Motherhood* will remind mothers of the boundless and sometimes overlooked small pleasures that come with the prestigious title of mom. This feel-good collection offers 500 gratifying reasons why being a mom is something to shout about. Every mom can appreciate the memorable moments this book highlights, such as: The sound of your kids making you breakfast in bed. Being a soccer mom. Letting your kids put makeup on you. Teaching your son to do the box step. Watching your husband wrestle with the kids on the bedroom floor.

Holding a mother-daughter tea. Proudly watching your child graduate from college. *The Joy of Motherhood* is the third book in the Joy series, following *The Joy of Christmas* and *The Joy of Being a Woman*.

We Live for the We

And Now We Have Everything

The Joys, Challenges, and Life Lessons of Motherhood

The Wrestling Match

How The Motherhood Experience Changes You Forever

Your Children Will Raise You

Annotation "Her graphically detailed pictures of tribal life make the novel memorable."-Chicago Tribune.

Thousands of books have examined the effects of parents on their children. In All Joy and No Fun, award-winning journalist Jennifer Senior now asks: what are the effects of children on their parents? In All Joy and No Fun, award-winning journalist Jennifer Senior tries to tackle this question, isolating and analyzing the many ways in which children reshape their parents' lives, whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. She argues that changes in the last half century have radically altered the roles of today's mothers and fathers, making their mandates at once more complex and far less clear. Recruiting from a wide variety of sources—in history, sociology, economics, psychology, philosophy, and anthropology—she dissects both the timeless strains of parenting and the ones that

are brand new, and then brings her research to life in the homes of ordinary parents around the country. The result is an unforgettable series of family portraits, starting with parents of young children and progressing to parents of teens. Through lively and accessible storytelling, Senior follows these mothers and fathers as they wrestle with some of parenthood's deepest vexations—and luxuriate in some of its finest rewards. Meticulously researched yet imbued with emotional intelligence, *All Joy and No Fun* makes us reconsider some of our culture's most basic beliefs about parenthood, all while illuminating the profound ways children deepen and add purpose to our lives. By focusing on parenthood, rather than parenting, the book is original and essential reading for mothers and fathers of today—and tomorrow.

Appearing in 1966, *Efuru* was the first internationally published book, in English, by a Nigerian woman. Flora Nwapa (1931–1993) sets her story in a small village in colonial West Africa as she describes the youth, marriage, motherhood, and eventual personal epiphany of a young woman in rural Nigeria. The respected and beautiful protagonist, an independent-minded Ibo woman named Efuru, wishes to be a mother. Her eventual tragedy is that she is not able to marry or raise children successfully. Alone and childless, Efuru realizes she surely must have a higher calling and goes to the lake goddess of her tribe, Uhamiri, to discover the path she must follow. The work, a rich exploration of Nigerian village life and values, offers a realistic picture of gender issues in a patriarchal society as well as the struggles of a nation exploited by colonialism. A simple argument guides this book: motherhood is the place in our culture where we lodge, or rather bury, the reality of our own conflicts. By making mothers the objects of both licensed idealization and cruelty, we blind ourselves to the world's iniquities and shut down the portals of the heart. Mothers are the ultimate scapegoat for our personal and political failings, for everything that is wrong with the world, which becomes their task (unrealizable, of course) to repair. Moving commandingly between pop cultural references such as Roald Dahl's *Matilda* to insights on motherhood in the ancient world and the contemporary stigmatization of single mothers, Jacqueline Rose delivers a groundbreaking report into something so prevalent we hardly notice. *Mothers* is an incisive, rousing call to action from one of our most important contemporary thinkers.

A Loving Celebration

An Anne Taintor Motherhood Collection

The Political Power of Black Motherhood

The Bride Price

Contradicting Maternity

Motherhood

Selected as One of the Best Books of the Year by: National Public Radio, Esquire, Bustle, Refinery29, Thrillist, Electric Literature, Powell's, Autostraddle, BookRiot, Women.com "Smart, funny, and true in all the best ways, this book made me ache with recognition." -- Cheryl Strayed **A raw, funny, and fiercely honest account of becoming a mother before feeling like a grown up. When Meaghan O'Connell got accidentally pregnant in her twenties and decided to keep the baby, she realized that the book she needed -- a brutally honest, agenda-free reckoning with the emotional and existential impact of motherhood -- didn't exist. So she decided to write it herself. And Now We Have Everything is O'Connell's exploration of the cataclysmic, impossible-to-prepare-for experience of becoming a mother. With her dark humor and hair-trigger B.S. detector, O'Connell addresses the pervasive imposter syndrome that comes with unplanned pregnancy, the fantasies of a "natural" birth experience that erode maternal self-esteem, post-partum body and sex issues, and the fascinating strangeness of stepping into a new, not-yet-comfortable identity. Channeling fears and anxieties that are still taboo and often unspoken, And Now We Have Everything is an unflinchingly frank, funny, and visceral motherhood story for our times, about having a baby and staying, for better or worse, exactly yourself.**

NEW YORK TIMES BESTSELLER "Bittersweet, sexy, morally fraught." –The New York Times Book Review "Fantastic... a book that feels alive on the page." –The Washington Post **From the New York-Times bestselling author of *The Vanishing Half*, the beloved novel about young love and a big secret in a small community. Set within a contemporary black community in Southern California, Brit Bennett's mesmerizing first novel is an emotionally perceptive story about community, love, and ambition. It begins with a secret. "All good secrets have a taste before you tell them, and if we'd taken a moment to swish this one around our mouths, we might have noticed the sourness of an unripe secret, plucked too soon, stolen and passed around before its season." It is the last season of high school life for Nadia Turner, a rebellious, grief-stricken, seventeen-year-old beauty. Mourning her own mother's recent suicide, she takes up with the local pastor's son. Luke Sheppard is twenty-one, a former football star whose injury has reduced him to waiting tables at a diner. They are young; it's not serious. But the pregnancy that results from this teen romance—and the subsequent cover-up—will have an impact that goes far beyond their youth. As Nadia hides her secret from everyone, including Aubrey, her God-fearing best friend, the years move quickly. Soon, Nadia, Luke, and Aubrey are full-fledged adults and still living in debt to the choices they made that one seaside summer, caught in a love triangle they must carefully maneuver, and dogged by the constant, nagging question: What if they had chosen differently? The possibilities of the road not taken are a relentless haunt. In entrancing, lyrical prose, *The Mothers* asks whether a "what if" can be more powerful than an experience itself. If, as time passes, we must always live in servitude to the decisions of our younger selves, to the communities that have parented us, and to the decisions we make that shape our lives forever.**

A rich and luminous novel about three generations of women in one family: the love they share, the dreams they refuse to surrender, and the secrets they hold **Samantha is lost in the joys of new motherhood—the softness of her eight-month-old daughter's skin, the lovely weight of her child in her arms—but in trading her artistic dreams to care for her child, Sam worries she's lost something of herself. And she is still mourning another loss: her mother, Iris, died just one year ago. When a box of Iris's belongings arrives on Sam's doorstep, she discovers links to pieces of her family history but is puzzled by much of the information the box**

contains. She learns that her grandmother Violet left New York City as an eleven-year-old girl, traveling by herself to the Midwest in search of a better life. But what was Violet's real reason for leaving? And how could she have made that trip alone at such a tender age? In confronting secrets from her family's past, Sam comes to terms with deep secrets from her own. Moving back and forth in time between the stories of Sam, Violet, and Iris, Mothers and Daughters is the spellbinding tale of three remarkable women connected across a century by the complex wonder of motherhood. This book was later published under the title Mercy Train.

From the author of She Left Me The Gun, an explosive and hilarious memoir about the exceptional and life-changing decision to conceive a child on one's own via assisted reproduction When British journalist, memoirist, and New York-transplant Emma Brockes decides to become pregnant, she quickly realizes that, being single, 37, and in the early stages of a same-sex relationship, she's going to have to be untraditional about it. From the moment she decides to stop "futz" around, have her eggs counted, and "get cracking"; through multiple trials of IUI, which she is intrigued to learn can be purchased in bulk packages, just like Costco; to the births of her twins, which her girlfriend gamely documents with her iPhone and selfie-stick, Brockes is never any less than bluntly and bracingly honest about her extraordinary journey to motherhood. She quizzes her friends on the pros and cons of personally knowing one's sperm donor, grapples with esoteric medical jargon and the existential brain-melt of flipping through donor catalogues and conjures with the politics of her Libertarian OB/GYN—all the while exploring the cultural circumstances and choices that have brought her to this point. Brockes writes with charming self-effacing humor about being a British woman undergoing fertility treatment in the US, poking fun at the starkly different attitude of Americans. Anxious that biological children might not be possible, she wonders, should she resent society for how it regards and treats women who try and fail to have children? Brockes deftly uses her own story to examine how and why an increasing number of women are using fertility treatments in order to become parents—and are doing it solo. Bringing the reader every step of the way with mordant wit and remarkable candor, Brockes shares the frustrations, embarrassments, surprises, and, finally, joys of her momentous and excellent choice.

Adah's Story

The Joy of Later Motherhood

Emecheta, Buchi: The Joys of Motherhood

The Mothers

An Excellent Choice

Double Yoke

Written by award-winning African novelist Mariama Bâ and translated from the original French, *So Long a Letter* has been recognized as one of Africa's 100 Best Books of the 20th Century. The brief narrative, written as an extended letter, is a sequence of reminiscences —some wistful, some bitter—recounted by recently widowed Senegalese schoolteacher Ramatoulaye Fall. Addressed to a lifelong friend, Aissatou, it is a record of Ramatoulaye's emotional struggle for survival after her husband betrayed their marriage by taking a second wife. This semi-autobiographical account is a perceptive testimony to the plight of educated and articulate Muslim women. Angered by the traditions that allow polygyny, they inhabit a social milieu dominated by attitudes and values that deny them status equal to men. Ramatoulaye hopes for a world where the best of old customs and new freedom can be combined. Considered a classic of contemporary African women's literature, *So Long a Letter* is a must-read for anyone interested in African literature and the passage from colonialism to modernism in a Muslim country. Winner of the prestigious Noma Award for Publishing in Africa.

First published in 1979, this feminist literary classic follows Nnu Ego, a Nigerian woman struggling in a patriarchal society, as she, finally becoming a mother, must protect her children during World War II after she is abandoned by her husband and her people. Reissue.

In a world full of messages about the joys of motherhood, ticking biological clocks, pronatalist ideologies, and socio-cultural imperatives for women to mother, what does the alternative look like? That is, what is the experience of women who choose, or find themselves without progeny, when they are deemed "other," instead of being a "mother"? This anthology of interdisciplinary work links to sociology, anthropology, psychology, demography, religion, language, literature, popular media, medicine and child and family studies. Are women that choose to be childfree always narcissistic, self-obsessed, and lonely? Or can they be free, mobile, and successful? Do all women who choose to be childfree do it in the same way or have the same motivation? What is the role of age, partnership status, trauma, or poverty in this decision? Using techniques such as literature review, ethnographic interviews, autoethnography, and textual analysis and reframing, these sixteen authors from around the globe unpack largely pronatalist, racist, sexist, and heteronormative views and assumptions about childfree women.

Features information about the novel "The Joys of Motherhood," written by Nigerian-born British novelist Buchi Emecheta (1944-), provided by New York University. Contains a summary and a commentary about the book. Notes the genre, publisher, and edition.

The Truth About M(O)therhood: Choosing to be Childfree

12 Key Powers of Peace, Purpose, Order & Joy

Buchi Emecheta ; Introduction by Elleke Boehmer

African Indigenous Knowledges in a Postcolonial World

So Long a Letter
But I Wanted a Pony!

Paintings by Gustav Klimt, Claude Monet, H. Mariott Paget, Ben Shahn, Marc Chagal, Mary Cassatt, William Sargent Kendall, August Renoir, Marta Sanchez, and Berthe Morisot are accompanied by tender quotations in poetry and prose

This book argues that ancient and modern African indigenous knowledges remain key to Africa's role in global capital, technological and knowledge development and to addressing her marginality and postcoloniality. The contributors engage the unresolved problematics of the historical and contemporary linkages between African knowledges and the African academy, and between African and global knowledges. The book relies on historical and comparative political analysis to explore the global context for the application of indigenous knowledges for tackling postcolonial challenges of knowledge production, conflict and migration, and women's rights on the continent in transcontinental African contexts. Asserting the enduring potency of African indigenous knowledges for the transformation of policy, the African academy and the study of Africa in the global academy, this book will be of interest to scholars of African Studies, postcolonial studies and decolonisation and global affairs.

A novel by a Nigerian-born author which explores the constraints of a tradition under which women are defined in purely monetary terms. When Aku-nna and her family are inherited by her uncle, who values her only for the high bride-price she is expected to fetch, she defies convention and society.

A humorous celebration of mom milestones big and small across all parenting stages from newborn to elementary school, with warm and relatable illustrations from cartoonist, doctor, and mom Grace Farris.

The TRUE Story of the First Seven Years

Fit to Burst: Abundance, Mayhem, and the Joys of Motherhood

Helen of Troy

Essays in Honour of Toyin Falola

On Motherhood Before I Was Ready

"Drawing on rich and poignant interviews with mothers who have been diagnosed HIV-positive, "Contradicting Maternity" provides a rare perspective of motherhood from the mother's point of view. Whereas motherhood is often assumed to be a secondary identity compared to the central figure of the child, this book reverses the focus, arguing that maternal experience is important in its own right. The book explores the situation in which two very powerful identities, those of motherhood and of being HIV-positive, collide in the same moment. This collision takes place at the interface of complex, and often split, social and personal meanings concerning the sanctity of motherhood and the anxieties of HIV. The book offers an interpretation of how these personal and social meanings resonate with, and also fail to encompass, the experiences surrounding HIV-positive mothers. Photographs, academic literature and the accounts of real women are read with both a psychodynamic and discursive eye, highlighting the contradictions within maternal experience, as well as between maternal experience and the social imagination. "Contradicting Maternity" will appeal to scholars, students and practitioners in psychology, the social sciences and the health professions. The sensitive and readable analysis will also be of interest to mothers, whether HIV-positive or not"--Publisher's website.

Discover how candles, flowers and scented soaps can transform any bath into a sumptuous experience.

Fit to Burst is a book of parenting "field notes" written by a mom in the thick of it all. It is chock-full of humorous examples and fresh advice covering issues familiar to moms, such as guilt cycles, temptations to be ungrateful or bitter, enjoying your kids, and learning how to honor Jesus by giving even in the mundane stuff. But this book also addresses less familiar topics, including the impact moms have on the relationships between dads and kids, the importance of knowing when to laugh at kid-sized sin, and more. Fit to Burst will help us to be moms who parent with the story in mind rather than the snapshot, who know how to give much and to require much from their children in the everyday mayhem, and who understand the importance of biscuits. A note from Rachel: "I don't pull punches or hold back in this book, because I am writing to myself as much as to you. If something in this book strikes a little close to home for you, know that it struck in my home first. I am not writing about other people's problems, although I know many of them are common. I write about what I know, and what I know is the challenges, the joys, and the work involved in raising little people."

The Joys of Motherhood A Novel George Braziller

Poems, Thoughts and Words of Wisdom

Mom Milestones

An Essay on Love and Cruelty

Buddhism for Mothers
The Joys of Motherhood

The Complete, Candid, and Reassuring Companion for Parents-To-Be

Deliberate Motherhood presents inspiring ideas, poignant stories, and practical applications to help mothers find great success and personal growth in the beautiful and challenging work of raising the next generation.

A Study Guide for Buchi Emecheta's "The Joys of Motherhood," excerpted from Gale's acclaimed Novels for Students. This concise study guide includes plot summary; character analysis; author biography; study questions; historical context; suggestions for further reading; and much more. For any literature project, trust Novels for Students for all of your research needs.

A bestselling title in Heinemann's long-established 'African Writers Series', this novel is now being published with a new introduction as part of the new series 'African Writers Series Classics'.

**** LONGLISTED FOR THE NATIONAL BOOK AWARD IN FICTION * A NEW YORK TIMES 100 NOTABLE BOOKS OF 2019 SELECTION * ONE OF TIME'S 10 BEST NOVELS OF THE YEAR * ONE OF WASHINGTON POST'S 50 BEST BOOKS OF 2019 * ONE OF O MAGAZINE'S BEST BOOKS OF 2019 * ONE OF NPR'S BEST BOOKS OF 2019 * "A profound meditation on the nature of reality...An extraordinary and dazzlingly original work from one of our most gifted and interesting writers." —EMILY ST. JOHN MANDEL, author of Station Eleven "Phillips is, as always, doing something at once wildly her own and utterly primal. Maybe it doesn't surprise me that the strangest book I've read about motherhood is also the best, but it does thrill me." —REBECCA MAKKAI, author of The Great Believers "Spellbinding...both unsettling and irresistible. Phillips manifests the surreal, terrifying, and visceral experience of motherhood." —DANA SPIOTTA, author of Innocents and Others "Like parenthood itself, The Need is frightening and maddening and full of dark comedy... Everyday life, here, is both tedious and fascinating, grotesque and lovely, familiar and tremendously strange." —THE NEW YORK TIMES BOOK REVIEW (EDITORS' CHOICE) "[A]n extraordinary writer at her electrifying best." —PUBLISHERS WEEKLY (STARRED REVIEW) When Molly, home alone with her two young children, hears footsteps in the living room, she tries to convince herself it's the sleep deprivation. She's been hearing things these days. Startling at loud noises. Imagining the worst-case scenario. It's what mothers do, she knows. But then the footsteps come again, and she catches a glimpse of movement. Suddenly Molly finds herself face-to-face with an intruder who knows far too much about her and her family. As she attempts to protect those she loves most, Molly must also acknowledge her own frailty. Molly slips down an existential rabbit hole where she must confront the dualities of motherhood: the ecstasy and the dread; the languor and the ferocity; the banality and the transcendence as the book hurtles toward a mind-bending conclusion. In The Need, Helen Phillips has created a subversive, speculative thriller that comes to life through blazing, arresting prose and gorgeous, haunting imagery. Helen Phillips has been anointed as one of the most exciting fiction writers working today, and The Need is a glorious celebration of the bizarre and beautiful nature of our everyday lives.***

Efuru

Your Natural Path to Healthy Babies Even in Your 40s

Mothers

All Joy and No Fun

A Study Guide for Buchi Emecheta's "The Joys of Motherhood"

Facing and Finding Yourself

Join a respected Jungian analyst for a deep dive into the emotional and symbolic journey of motherhood. Motherhood is the true hero's journey—which is to say that it can be as harrowing as it is joyful, and enlightening as it is exhausting. For Jungian psychoanalyst Lisa Marchiano, this journey is not just an adventure of diaper bags and parent-teacher conferences, but one of intense self-discovery. In Motherhood, Marchiano draws from a deep well of Jungian analysis and symbolic research to present a collection of fairy tales, myths, and fables that evoke the spiritual arc of raising a child from infancy through adulthood. After all, this kind of storytelling has always been one of the most important conduits of humanity's collective wisdom—and Marchiano provides each tale alongside keen insights into the timeless archetypes they represent. Balanced with real-life case stories from Lisa's own practice and in-depth questions for personal reflection, Motherhood explores how events like pregnancy, the calamities of childhood, and the empty-nest experience are invitations to an adventure into the wild frontier of your own soul. Here you will discover:

- How the challenges of motherhood send you on journeys into your innermost source***
- Seeing the value of conflict with your child even while working to solve it***
- "The dark passage" of confronting and dispelling the energy of childhood wounds***
- "The thirteenth fairy"—how to recognize when we are resisting inconvenient or uncomfortable truths***
- Understanding how anger, rage, and aggression arise in parental relationships***
- Recognizing the ways that you have been taught to ignore your deepest instincts***
- How to navigate the inevitable periods of grief that accompany your child's many life changes***
- Why much of successful mothering requires surrendering your sense of control***

With Lisa's gentle but straightforward guidance, you'll return from this inner journey in possession of the treasured knowledge needed to clarify your values, embrace your disowned parts, and claim the mantle of motherhood in the full bloom of your empowerment.

Adah, a woman from the Ibo tribe, moves to England to live with her Nigerian student husband. She soon discovers that life for a young Nigerian woman living in

***London in the 1960s is grim. Rejected by British society and thwarted by her husband, who expect
The Slave Girl***