



# **Finding Calm for the Expectant Mom: Tools for Reducing Stress, Anxiety, and Mood Swings During Your Pregnancy**

*Alice D. Domar, Sheila Curry Oakes*

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# Finding Calm for the Expectant Mom: Tools for Reducing Stress, Anxiety, and Mood Swings During Your Pregnancy

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**This invaluable resource shows moms-to-be how to manage stress during pregnancy.**

Pregnancy is exciting and exhilarating, but it can also be physically and psychologically demanding. The myth, perpetuated by social media, says that you should be “glowing,” but in reality, you may be anxious and find yourself on an emotional roller coaster. *And that is okay.* Feeling stressed and moody are very normal reactions to the changes your body is going through, the thoughts you might have about how your pregnancy will impact your career and relationships, and the social pressure to have a perfect pregnancy. High levels of stress and anxiety are not good for you or your baby, but there are ways to cope with and counteract these feelings, put them in perspective, and bring peace to your pregnancy. It is indeed possible to learn new skills that will enable you to glow and thrive.

In addition to featuring fun quizzes, stories of women with whom Dr. Alice Domar has worked, and information, advice, and encouragement, *Finding Calm for the Expectant Mom* includes mind-body techniques that can relieve stress, anxiety, and moodiness. With the tools and problem-solving approach presented here, you can adjust your expectations, restructure negative thought patterns, cultivate resilience, and not only meet the challenges of pregnancy, but happily anticipate the most amazing experience of your life: becoming a mother.

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