
The Science Of Mom English Edition

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*The Science Of Mom
English Edition*

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LENNON MATTHEWS

Mama Gone Geek Pacer Books

From international bestselling author Liz Climo comes *You're Mom*, a hilarious and relatable collection of original comics about motherhood. Moms: they are there for us through the good, the bad, the scary, the sticky, and everything in between. They also read us a lot of picture books along the way, and now there's a picture book just for them. Liz Climo brings her trademark wit and adorable drawings to *You're Mom*: a funny, honest, and sweet homage to motherhood. Detailing the ups and downs of mothering, along with the many paths to becoming a mom and the different types of motherhood, Climo pairs humorous observations with clever illustrations of baby animals and their mothers. With more than 100 beautiful drawings, *You're Mom* is a book for the new mom, the seasoned mom, anyone in a mom-like role, or anyone who has ever loved a mom. It's a thank you to those taking on the challenging role of parenting - and it's also short and sweet, which means you can read it and then hopefully get some sleep!

Power Moms Guilford Publications

The editors of GeekMom, sister site to Wired's GeekDad blog, offer a range of cool projects and parenting advice centered around raising kids in the tech age.

There Are Moms Way Worse Than You Henry Holt and Company

A retired Wall Street Journal editor and mother compares two generations of women—boomers and GenXers—to examine how each navigates the emotional and professional challenges involved in juggling managerial careers and families. For the first time in American history, a significant number of mothers are heading major corporations, including General Motors, Ulta Beauty, and Best Buy. Over the past several

decades, women have made gains throughout executive suites. Yet these “Power Moms” still struggle with balancing their management responsibilities with raising children. Joann S. Lublin draws on the experiences of the nation's two generations of these successful women to measure how far we've come—and how far we still need to go. Lublin combines her own insights with those of eighty-five executive mothers across industries—including experienced public-company chiefs such as Carol Bartz, the first woman to command Autodesk and Yahoo; Hershey's Michele Buck, DuPont's Ellen Kullman, ITT's Denise Ramos, and WW International's Mindy Grossman—and twenty-five of their grown daughters. Lublin reveals how trailblazer boomers, many now in their sixties, often endured sweeping disapproval for their demanding management careers, even as their own daughters sometimes rejected their choices. While the second wave of executive mothers—all under forty-five—handle working parenthood with less angst, they still lead stressful lives. *Power Moms* provides lessons and advice to help today's professional women, their families, and their employers navigate this challenging terrain. Lublin looks at the trade-offs mothers are too often forced to make between work and family and the root causes, including the dearth of large-scale paid parental leave and other family-friendly policies. While it celebrates the gains women have made, *Power Moms* makes clear how much more must be done to make being a working mother easier.

You're Mom Clarkson Potter

Health and science journalist Chelsea Conaboy explodes the concept of “maternal instinct” and tells a new story

about what it means to become a parent. Conaboy expected things to change with the birth of her child. What she didn't expect was how different she would feel. But she would soon discover what was behind this: her changing brain. Though Conaboy was prepared for the endless dirty diapers, the sleepless nights, and the joy of holding her newborn, she did not anticipate this shift in self, as deep as it was disorienting. *Mother Brain* is a groundbreaking exploration of the parental brain that untangles insidious myths from complicated realities. New parents undergo major structural and functional brain changes, driven by hormones and the deluge of stimuli a baby provides. These neurobiological changes help all parents—birthing or otherwise—adapt in those intense first days and prepare for a long period of learning how to meet their child's needs. Pregnancy produces such significant changes in brain anatomy that researchers can easily sort those who have had one from those who haven't. And all highly involved parents, no matter their path to parenthood, develop similar caregiving circuitry. Yet this emerging science, which provides key insights into the wide-ranging experience of parenthood, from its larger role in shaping human nature to the intensity of our individual emotions, is mostly absent from the public conversation about parenthood. The story that exists in the science today is far more meaningful than the idea that mothers spring into being by instinct. Weaving the latest neuroscience and social psychology together with new reporting, Conaboy reveals unexpected upsides, generations of scientific neglect, and a powerful new narrative of parenthood.

Moms on Call Basic Baby Care Workman

Publishing

NEW YORK TIMES BESTSELLER • A moving memoir about the legendary author's relationship with her own mother. Emma Watson's Our Shared Shelf Book Club Pick! The story of Maya Angelou's extraordinary life has been chronicled in her multiple bestselling autobiographies. But now, at last, the legendary author shares the deepest personal story of her life: her relationship with her mother. For the first time, Angelou reveals the triumphs and struggles of being the daughter of Vivian Baxter, an indomitable spirit whose petite size belied her larger-than-life presence—a presence absent during much of Angelou's early life. When her marriage began to crumble, Vivian famously sent three-year-old Maya and her older brother away from their California home to live with their grandmother in Stamps, Arkansas. The subsequent feelings of abandonment stayed with Angelou for years, but their reunion, a decade later, began a story that has never before been told. In *Mom & Me & Mom*, Angelou dramatizes her years reconciling with the mother she preferred to simply call "Lady," revealing the profound moments that shifted the balance of love and respect between them. Delving into one of her life's most rich, rewarding, and fraught relationships, *Mom & Me & Mom* explores the healing and love that evolved between the two women over the course of their lives, the love that fostered Maya Angelou's rise from immeasurable depths to reach impossible heights. Praise for *Mom & Me & Mom* "Mom & Me & Mom is delivered with Angelou's trademark good humor and fierce optimism. If any resentments linger between these lines, if lives are partially revealed without all the bitter

details exposed, well, that is part of Angelou's forgiving design. As an account of reconciliation, this little book is just revealing enough, and pretty irresistible."—The Washington Post

"Moving . . . a remarkable portrait of two courageous souls."—People "[The] latest, and most potent, of her serial autobiographies . . . [a] tough-minded, tenderhearted addition to Angelou's spectacular canon."—Elle "Mesmerizing . . . Angelou has a way with words that can still dazzle us, and with her mother as a subject, Angelou has a near-perfect muse and mystery woman."—Essence

By Midnight Flatiron Books

What if taking care of yourself was the first step to helping your family thrive? If you've parented long enough, then you've learned firsthand why your personal wellness matters. You've felt the pain (or consequences) of devaluing yourself. Whether your wake-up call came from a diagnosis, a breakdown, an issue with your child or spouse, anxiety, or simply feeling depleted and numb, it most likely unveiled this truth: Mothers are humans too. We require love, compassion, rest, and renewal. Taking care of our needs strengthens us and equips us for the road ahead. In *More Than a Mom*, bestselling author Kari Kampakis offers a practical, approachable, and attainable framework to stay on a healthy path. You can take your kids only as far as you've come—and since their strength builds on your strength, you must take time to focus on you. *More Than a Mom* is about unleashing God's power in your life and standing on timeless truths that will help you know your worth and embrace your purpose, build strong, uplifting friendships that you can model for your children, quit the negative self-talk and make peace with your body, and learn to

mother yourself by resting and setting boundaries. The world shaping your children is more callous and complex than the world that shaped you. Kids need to be stronger, smarter, and more rooted in what's real. Empower your son or daughter by tending to your heart, soul, body, and mind. Give them a vision of a healthy adult—and know that as they launch into the real world, they will build on what you started.

The Science of Breakable Things Pear Press

Actions have consequences--and the ability to learn from them revolutionized life on earth. While it's easy enough to see that consequences are important (where would we be without positive reinforcement?), few have heard there's a science of consequences, with principles that affect us every day. Despite their variety, consequences appear to follow a common set of scientific principles and share some similar effects in the brain--such as the "pleasure centers." Nature and nurture always work together, and scientists have demonstrated that learning from consequences predictably activates genes and restructures the brain. Applications are everywhere--at home, at work, and at school, and that's just for starters. Individually and societally, for example, self-control pits short-term against long-term consequences. Ten years in the making, this award-winning book tells a tale ranging from genetics to neurotransmitters, from emotion to language, from parenting to politics, taking an inclusive interdisciplinary approach to show how something so deceptively simple can help make sense of so much.

The First Forty Days John Wiley & Sons

Natalie's uplifting story of using the

scientific process to "save" her mother from depression is what Booklist calls "a winning story full of heart and action." Eggs are breakable. Hope is not. When Natalie's science teacher suggests that she enter an egg drop competition, Natalie thinks that this might be the perfect solution to all of her problems. There's prize money, and if she and her friends wins, then she can fly her botanist mother to see the miraculous Cobalt Blue Orchids--flowers that survive against impossible odds. Natalie's mother has been suffering from depression, and Natalie is sure that the flowers' magic will inspire her mom to love life again. Which means it's time for Natalie's friends to step up and show her that talking about a problem is like taking a plant out of a dark cupboard and giving it light. With their help, Natalie begins an uplifting journey to discover the science of hope, love, and miracles. A vibrant, loving debut about the coming-of-age moment when kids realize that parents are people, too. Think THE FOURTEENTH GOLDFISH meets THE THING ABOUT JELLYFISH. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR * KIRKUS REVIEWS * THE CHICAGO PUBLIC LIBRARY *

"Natalie's Korean heritage is sensitively explored, as is the central issue of depression." --Publishers Weekly "A compassionate glimpse of mental illness accessible to a broad audience." --Kirkus Reviews, STARRED REVIEW "Holy moly!!! This book made me feel." --Colby Sharp, editor of The Creativity Project, teacher, and cofounder of Nerdy Book Club

Zero to Five Prometheus Books

NAMED A RECOMMENDED BOOK OF 2018 BY: BuzzFeed • The Boston Globe • The Millions • InStyle • Southern Living • Vogue • Popsugar • Kirkus • The Washington Post • Library Journal • Real

Simple • NPR "With his unerring eye for nuance and unsparing sense of irony, Rumaan Alam's second novel is both heartfelt and thought-provoking." — Celeste Ng, author of Little Fires Everywhere

From the bestselling author of *Leave the World Behind*, a novel about the families we fight to build and those we fight to keep Like many first-time mothers, Rebecca Stone finds herself both deeply in love with her newborn son and deeply overwhelmed. Struggling to juggle the demands of motherhood with her own aspirations and feeling utterly alone in the process, she reaches out to the only person at the hospital who offers her any real help—Priscilla Johnson—and begs her to come home with them as her son's nanny. Priscilla's presence quickly does as much to shake up Rebecca's perception of the world as it does to stabilize her life. Rebecca is white, and Priscilla is black, and through their relationship, Rebecca finds herself confronting, for the first time, the blind spots of her own privilege. She feels profoundly connected to the woman who essentially taught her what it means to be a mother. When Priscilla dies unexpectedly in childbirth, Rebecca steps forward to adopt the baby. But she is unprepared for what it means to be a white mother with a black son. As she soon learns, navigating motherhood for her is a matter of learning how to raise two children whom she loves with equal ferocity, but whom the world is determined to treat differently. Written with the warmth and psychological acuity that defined his debut, Rumaan Alam has crafted a remarkable novel about the lives we choose, and the lives that are chosen for us.

For the Love of Mom HarperCollins
Told through the voice of the excited big

sister, an informative look at how babies come about traces the embryo's development, explains conception, and shows the process of her mother going into labor.

M.O.M. (Mom Operating Manual)

Abrams

A rhyming illustrated humor book for moms who feel they're not doing a good job (and that's all moms, right?). Packed with scientifically true examples of terrible parents in the animal kingdom, to remind and reassure any mother that there are way worse moms out there.

The Science of Mom JHU Press

Science is the ultimate parenting tool. After all, it's really all about observing, asking questions, solving problems, making mistakes, and trying again and again and again—just like being a mom or dad! Come along with Lynn Brunelle as she initiates you into the joys of geek-style parenting. A proud geek mom herself—and an Emmy-winning writer for the show *Bill Nye, the Science Guy*—Lynn has had a love of science from the time she was a child. When she had her own kids, science became like a friend she could lean on for support, helping her make sense of the joy, pain, and uncertainty of parenting. Join her as she infuses her days with science, and shares it, in all its geeky wonder, with her kids.

More Than a Mom Dragonfly Books

Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and

even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. *Good Moms Have Scary Thoughts* is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have Scary Thoughts* is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

The Science of Parenting

HarperCollins

The joy of being a mom is palpable in this touching tribute to parenthood. Whimsical illustrations capture the poignant moments that make motherhood so special: pinning up a daughter's hair, getting messy during playtime, reading quietly side by side, and, above all, cherishing precious moments together. Bright pops of Pantone coral infuse each spread, and a cloth spine adds an irresistible specialness. At once a treasured Mother's Day gift and a year-round "I love you," this book will delight parents and children in a celebration of a supremely meaningful relationship. This lovely testament to the inimitable mother/daughter bond goes straight to the heart.

That Kind of Mother Random House
In *Mom: An Owner's Manual*, you'll find everything you ever wanted to know

about how to raise a perfect Mom.

Mom and Me, Me and Mom

Shambhala Publications

National bestseller 2017 National Book Critics Circle (NBCC) Finalist ABA Indies Introduce Winter / Spring 2017 Selection Barnes & Noble Discover Great New Writers Spring 2017 Selection ALA 2018 Notable Books Selection An intimate and poignant graphic novel portraying one family's journey from war-torn Vietnam, from debut author Thi Bui. This beautifully illustrated and emotional story is an evocative memoir about the search for a better future and a longing for the past. Exploring the anguish of immigration and the lasting effects that displacement has on a child and her family, Bui documents the story of her family's daring escape after the fall of South Vietnam in the 1970s, and the difficulties they faced building new lives for themselves. At the heart of Bui's story is a universal struggle: While adjusting to life as a first-time mother, she ultimately discovers what it means to be a parent—the endless sacrifices, the unnoticed gestures, and the depths of unspoken love. Despite how impossible it seems to take on the simultaneous roles of both parent and child, Bui pushes through. With haunting, poetic writing and breathtaking art, she examines the strength of family, the importance of identity, and the meaning of home. In what Pulitzer Prize-winning novelist Viet Thanh Nguyen calls "a book to break your heart and heal it," *The Best We Could Do* brings to life Thi Bui's journey of understanding, and provides inspiration to all of those who search for a better future while longing for a simpler past.

The Best We Could Do The Science of Mom

After labor, it's time for rest: A gentle guide to *zuo yuezi*, the ancient Chinese practice of postpartum self-care, including sixty simple recipes. The first forty days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on Heng Ou's own postpartum experience with *zuo yuezi*, a set period of "confinement" in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance. This book includes sixty simple recipes for healing soups, replenishing meals and snacks, and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. Fully illustrated, it is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby. "Bringing our attention back to the importance of the postpartum period for new mothers helps to create space for this essential period of integration and recovery . . . an invaluable companion during the first 40 days and beyond." —Ricki Lake & Abby Epstein, filmmakers, *The Business of Being Born* [In Search of Mom](#) National Academies Press

How do you connect the artsy, science-nerd mom to the art and science of parenting? Lynn Brunelle shares her field trip through pregnancy and parenting, sprinkled with a sparkle of science, in this hilarious and awe-inspiring memoir. With great enthusiasm, Lynn shows how she shares her inner geek--the part of her that is gleefully curious and wide-eyed with wonderment--with her children. For Lynn, science is the stardust that makes common things glow. Why not pass that magic along to the kids? When Lynn brought her passion for science into her parenting, it began to make all the difference to her and her kids. Her heart lifts when her boys are elbow-deep in mud searching for crystals and when she catches them debating whether a chicken is related to a dinosaur. Science isn't just for geeks. It's the future. If you're a parent or planning to become one, it's your future. *Mom Brain* Simon and Schuster

In a book that offers insight, inspiration, and wisdom to women in their journeys through motherhood, Alyce Manzo-Geanopulos utilizes personal stories that

are both entertaining and anecdotal. She embraces the idea that all mothers need to be loved, accepted and encouraged by each other. *The Evolution of Mom* is a call to mothers to be grateful and realize their full potential.

[Mom School](#) MIT Press

The Science of Mother-Infant Sleep is a compilation of recent articles that address these important questions. Our goal was to bring together recent evidence about the safety of sleep practices so that parents and professionals can make informed, evidence-based decisions. *The Science of Mother-Infant Sleep* is a collaborative project by an international working group of experts on mother-baby sleep. Topics include: - Bedsharing What should parents avoid and how can they make it safe? Does it increase the risk of SIDS? What is its impact on breastfeeding? - Sleep-Training and Cry-It-Out Techniques Do they impact infant health and development? What should parents know? - Involving Parents in Decisions about Infant Sleep What is normal infant sleep? How can parents calm a crying baby?

Best Sellers - Books :

- [House Of Flame And Shadow \(crescent City, 3\) By Sarah J. Maas](#)
- [8 Rules Of Love: How To Find It, Keep It, And Let It Go By Jay Shetty](#)
- [Iron Flame \(the Empyrean, 2\)](#)
- [Blowback: A Warning To Save Democracy From The Next Trump By Miles Taylor](#)
- [It Ends With Us: A Novel \(1\)](#)
- [If Animals Kissed Good Night By Ann Whitford Paul](#)
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