

A red button with a white border and a slight shadow. On the left is a white document icon with a red 'PDF' label and the Adobe logo. To the right of the icon, the text 'DOWNLOAD EBOOK' is written in bold white capital letters.

Synopsis

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author 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. The book includes 60 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 the 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. *The First Forty Days*, fully illustrated to feel both inspiring and soothing, 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.

Book Information

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Customer Reviews

Women are beginning to see the range of choices they have during pregnancy and birth, but the journey isn't over when the baby arrives. 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. The First 40 Days is an invaluable companion during the first 40 days and beyond. (Ricki Lake & Abby Epstein, Filmmakers, The Business of Being Born)

Heng Ou is the founder of MotherBees, a food and lifestyle company supporting women through every stage of motherhood. Amely Greeven is the coauthor of the New York Times bestseller Clean. Marisa Belger is a writer and editor whose work has appeared in numerous magazines and websites including Natural Health, Prevention, Travel + Leisure, and New York.

This book is worth its weight in gold. I've used many of the recipes and given it away as gifts. I even shared it around professionally with postpartum nurses. Great resource.

Love this book!! The postpartum period is such a beautiful time that has lost its value. I've been recommending this book to all pregnant mothers, and reminding them the importance of taking it slow, healing, and connecting with baby.

A necessary read for all mothers, and everyone and anyone around babies and mommies for that matter. Really helped prepare me to be nourished well and in a good position for postpartum well being.

Beautiful book. Great recipes, amazing information. A must have

Such a beautiful book! I haven't had time to read all the way through but the images are stunning, and it would be a great gift for new mothers.

Have not read it all the way through yet, but am really enjoying it so far. Our bodies go through a lot with pregnancy, and this book encourages women to take care of themselves as well after the pregnancy as well, and to ask for help when needed. We too often in society today feel rushed to get back to normal , just do what feels right to you! A great guide!

I really love this book. every woman should be pampered like this after she has her baby

I love this book. Read it as I was mentally preparing to be pregnant again and saw a lot of things I

wish I had incorporated the first time. I will incorporate many of the practices the second time with hopes it'll keep PND at bay.

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