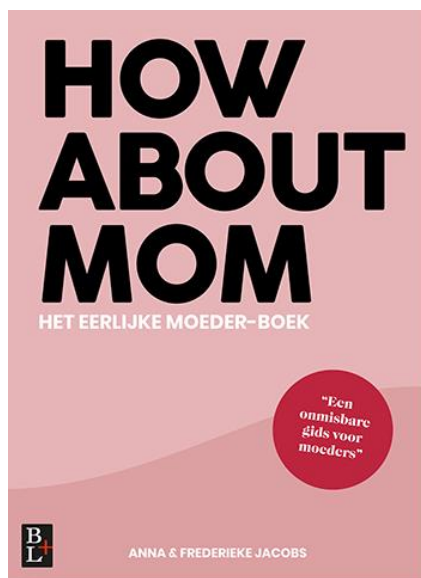


# SANTASADŌ

## Anna Jacobs & Frederieke Jacobs - How About Mom

The Honest Book for Mothers

PERSONAL DEVELOPMENT



No one can prepare you for what it's really like to become a mother, you simply will have to experience it. But what we can do, is explain what to expect from motherhood, tell you the things 'that no one will tell you', and share the best advice from other mothers and medical experts.

This honest book for mothers tells you how magical, wonderful, and unforgettable your maternity period and the first year of motherhood will be. And at the same time, be candid with the challenges, the inevitable identity crisis, possibly needing some time to get used to motherhood, and guilty feelings that might surface.

From your physical recovery after giving birth (hello after pains and nightly hot flashes) to the rollercoaster called emotions. How do you handle the lack of sleep, changing relations, and returning to the office. This book is for you, the mother (to be), and answers the questions which you don't know who to ask, or are afraid to ask. Whether you are expecting your first child or whether you have been a mother for a while now.

Published in November 2020 | Softcover | 308 pages | With illustrations | 91,000 words

- Over 5,000 copies sold
- Dutch edition published by Bertram + de Leeuw

## ABOUT THE AUTHORS



Entrepreneurial sisters **Anna Jacobs** and **Frederieke Jacobs** have founded the How About Mom app, and developed this honest platform for mothers with the help of a team of medical experts. Their previous venture was the medical platform SmartHealth.nl. This book, the How About Mom app, and the online community, provide support, reliable information, and daily inspiration for mothers. The Jacobs' motto is: 'You take care of the baby, we take care of you'.

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