



ARE YOU OK, MOM?
90 Days of Care for Your Mothering Self
Dr. Lory Zéphyr, psychologist

Mini-therapy for dealing with maternal anxiety and guilt.

240 pages
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Books dealing with maternal mental health are too often limited to pregnancy [the first, second, and third trimesters] and to the first years of a child's life [the fourth trimester]. Yet when you meet moms of all ages and circumstances, you very quickly realize that the effects of motherhood do not fade away at the exact moment when children leave the family nest.

A psychologist by training, Dr. Lory Zéphyr suggests a new therapeutic support tool designed for all mothers, without exception, from new moms with their babies to mothers whose children are now adults. Using explanations, practical tips, thoughts and simple exercises, *Are You OK, Mom?* aims to provide mothers with information, while at the same time applying a balm for their soul, too easily plagued by guilt.

Using humour and compassion, the book does not try to define "good motherhood", but instead attempts to help women who are experiencing it to reflect on what it means to them. Consisting of 90 inspiring and motivating reflections, accompanied by information sheets on the theme being discussed, this book will help mothers regain their balance, accept their emotions and reconnect with their inner selves during the ultimate trimester.

STRONG POINTS

- A book for mothers of all ages.
- Designed to accompany mothers from day to day.
- An author specialized in attachment bonding and all topics related to maternal mental health.
- The first book to discuss the concept of a fifth trimester.

Subjects: motherhood, maternal guilt, parental anxiety, well-being, mental health

Dr. Lory Zephyr, Ph.D has become known to families through her published media articles. Her clinical journey has led her to specialize in pregnant women and new mothers. Intervention based on attachment theory is at the heart of her approach, which she puts into practice with her clients.