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# Rebounding from Childbirth: Toward Emotional Recovery

*Lynn Madsen*

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**Rebounding from Childbirth: Toward Emotional Recovery** Lynn Madsen

Never mind what you've been through. The baby's here, he's healthy. That's the most important thing, isn't it? Few women planning a pregnancy or anticipating childbirth would dispute that the safe birth of a healthy child is their primary concern. Even when this happy outcome is achieved, however, the process of childbirth itself can wreak havoc on a woman's emotional and physiological well-being--especially when unforeseen medical complications change the expected course of labor and delivery. Rebounding From Childbirth--the first book to focus exclusively on the mother's feelings about a difficult birth--shows how traumatic childbirth forces a woman to suddenly relinquish cherished hopes for her experience of actually becoming a mother. Amid the joys of a healthy baby, the mother's feelings of anger, grief, failure and disappointment often get scant attention from family, friends and medical personnel. Drawing from her own life as a professional counselor and mother of three, Lynn Madsen argues that a woman should not underestimate her own need to recover emotionally and physiologically from a violent birth experience. Without true healing, Madsen's analysis reveals, a new mother's suppressed sense of loss and pain can affect her relationships with her baby and husband, her body image, her feelings about going back to work, even her hopes for future pregnancies and births. Through her own story and those of other women, Madsen offers comfort, hope, and an intensely personal perspective to new mothers who feel alone with a range of negative feelings about childbirth. Taking a dual stance as counselor and mother, she structures self-analytical questions and outlines techniques such as journal and letter writing to help the reader begin the healing journey. For obstetricians, nurses, midwives, new mothers and mothers-to-be, Rebounding From Childbirth provides moving insight and counsel on a difficult subject.

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