



The Nursing Mother's Companion: Revised Edition

Kathleen Huggins

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The best-selling *The Nursing Mother's Companion*, now in its fully-updated fifth edition, will help you get off to a good start and guide you through the early months, covering all the basics of breastfeeding and including easy-reference "survival guides" for quick problem-solving. Since its original publication in 1986, more than 1 million nursing moms have relied on this classic guide.

Breastfeeding has major benefits for both you and your baby-- it provides the best nutrition (according to the American Academy of Pediatrics and the World Health Organization), it saves money (on sick-baby doctor visits and formula and bottles), and it creates a unique bond between you and your child. Breastfeeding is not always easy, but with proper guidance and encouragement, you can overcome almost any challenge you may encounter and continue to breastfeed for as long as you choose.

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