

FULLY UPDATED AND REVISED

"An excellent source of information and support of breastfeeding. Accurate information mixed with humor provides knowledge regarding preparation for breastfeeding, working mothers, . . . and a very sensitive coverage of sex for the breastfeeding woman."

—*Journal of Human Lactation*

The Breastfeeding Sourcebook

second edition



**Everything you need
to know about:**

◆
The benefits of breastfeeding
versus bottle-feeding

◆
Common problems such as
engorgement, mastitis,
and other pains

◆
Infant ailments such as colic,
jaundice, and slow weight gain

◆
Workplace issues

◆
Breastfeeding, sexuality,
and fertility

M. Sara Rosenthal
author of *The Pregnancy Sourcebook*

Foreword by Gillian Arsenault,
M.D., M.H.Sc., IBCLC, FRC.P.

Breastfeeding Sourcebook

SJ Ball



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