

Nothing dovetails personal and professional experience about birth trauma together in a way that's hopeful, holistic and even humorous quite like Author, Dr Erin Bowe's new book, *More Than a Healthy Baby* does.

The Kind Press is proud to announce the release of *More Than a Healthy Baby: Finding Strength and Growth After Birth Trauma* by Dr Erin Bowe.

Not only will the reader feel validated and supported but encouraged in this heartfelt call to action written by clinical and perinatal psychologist, Dr Erin Bowe, who seamlessly delivers her passion and advocacy for post traumatic growth through these pages.

Often, how you felt during a birth can be so easily dismissed and the birthing parents gaslighted. A healthy baby is all that matters, right? Not so. There's room for serious reconsideration to what health means, particularly when it comes to birth trauma. Experiencing and recovering from birth trauma is hard but it doesn't have to be all darkness and shadow, as this book shows.

A delightfully unexpected book, you'll come away feeling lighter having been offered wisdom, coupled with a stack of practical coping strategies. This book will show you the way to really discover self-compassion and the confidence to celebrate your growth. Where you will feel acknowledged and understood and your trauma can be accounted for. Plus, it offers tips for breastfeeding trauma, sourcing holistic support, vicarious trauma in partners as well as strategies to help with overwhelm and difficult emotions and thoughts.

It's also the inspiration for parents to become the guardians of change for the next generation.

"So much love drips from these pages. It's hard to imagine that a book about trauma could contain so much compassion, coupled with holistic strategies. Dr Erin Bowe takes apart the oft repeated phrase, "All that matters is a healthy baby". She turns around the language that would blame the birthing parent for the trauma they suffer, and gently guides them to a place of peace and/or restoration. She gives no arbitrary timelines for when healing may come. This is a beautiful book, dealing with an 'ugly' subject, written by a woman who cares deeply for those who suffer trauma in the perinatal period." — Mars Lord

"Here is an important voice in the scope of birth trauma. Dr Erin Bowe is speaking to all mothers. An inspiring tool for mamas to help reclaim power that was unfairly taken from them in the birth space and beyond. The teachings in this book are revolutionary." — Amberley Harris

-ENDS-

More Than a Healthy Baby by Dr Erin Bowe

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To request a copy of the book or to arrange a giveaway, please get in touch.

ABOUT THE AUTHOR

Dr Erin Bowe is a clinical and perinatal psychologist and coach in Victoria, Australia. Erin had two traumatic births which led her to follow her purpose and passion of encouraging people to find strength and growth after trauma.

She is fervent about empowering women and their families through pregnancy and parenthood through birth debriefing, perinatal counselling, birth trauma training and clinical supervision and a former provider of Australia's leading childbirth education course with Hypnobirthing Australia.

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