



Spilled Milk: Breastfeeding Adventures and Advice from Less-Than Perfect Moms

Andy Steiner

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Wildly funny tales and practical wisdom from the author's and other women's breastfeeding experiences-to reassure readers that there is no one way to be a great breastfeeder

In this perfect antidote to "lactivist" propaganda, award-winning writer Andy Steiner weaves together hysterical anecdotes and tips from the trenches to offer comfort and realistic advice to new nursing moms. *Spilled Milk* will help them understand that not all babies are going to "get it" right away, that breastfeeding can hurt even if you're doing it correctly, and that baring your breasts in public will actually become shamefully easy with time.

Steiner writes: "Looking back at my milky adventure, I realize now that while breastfeeding is a natural act, it's also a difficult one. And after amassing an impressive collection of how-to breastfeeding books, nipple shields, lactation consultants, breast pumps, nursing bras, storage bags, and wicked breast infections, I can only say that the one thing that was missing from the experience was a book that could tell me-in a casual, non-preachy tone-that I wasn't alone, that everything was going to be okay." Steiner's book is just that: a fresh viewpoint with casual, girlfriend-to-girlfriend advice.

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