



Milk Diaries: a compilation of practical, encouraging advice from the "real" breastfeeding experts (Volume 1)

Maggie Singleton

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Real moms, real stories, real hope for breastfeeding success. Written by moms, for moms.

Are you planning to breastfeed? Meet 30+ moms who did just that. In this book, moms share their trials, triumphs, encouragement, and advice in the hopes of helping other moms reach their breastfeeding goals. These stories of determination, humor, wisdom, and confidence are sure to warm your heart as well as help you through any challenges you may encounter along the way.

In a time when mothers are questioning if they are "mom enough," Milk Diaries takes a non-judgmental approach to this rather hot topic—empowering working moms, new moms, stay-at-home moms, veteran moms, and expectant moms alike. In addition to humorous and heart-warming stories, Milk Diaries provides—

- Bite-size "lessons learned" for ease of reading.
- An extensive list of up-to-date breastfeeding websites, books, and products.
- An exhaustive index to help moms find the information they need fast.

Milk Diaries makes the perfect shower gift as well as a fun walk down memory lane for "veteran" nursing moms.

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