

Matrescence In A Sentence

Lucy Jones

Matrescence Lucy Jones, 2023-06-22 *A New Statesman and Daily Mail BOOK OF THE YEAR* *Longlisted for the 2024 Women's Prize for Non-Fiction* 'The best book I've ever read about motherhood' Jude Rogers, Observer 'I kept scribbling in the margins: 'We need to know this stuff!'' Joanna Pockock, Spectator A radical new examination of the transition into motherhood and how it affects the mind, brain and body During pregnancy, childbirth, and early motherhood, women undergo a far-reaching physiological, psychological and social metamorphosis. There is no other time in a human's life course that entails such dramatic change-other than adolescence. And yet this life-altering transition has been sorely neglected by science, medicine and philosophy. Its seismic effects go largely unrepresented across literature and the arts. Speaking about motherhood as anything other than a pastel-hued dream remains, for the most part, taboo. In this ground-breaking, deeply personal investigation, acclaimed journalist and author Lucy Jones brings to light the emerging concept of 'matrescence'. Drawing on new research across various fields - neuroscience and evolutionary biology; psychoanalysis and existential therapy; sociology, economics and ecology - Jones shows how the changes in the maternal mind, brain and body are far more profound, wild and enduring than we have been led to believe. She reveals the dangerous consequences of our neglect of the maternal experience and interrogates the patriarchal and capitalist systems that have created the untenable situation mothers face today. Here is an urgent examination of the modern institution of motherhood, which seeks to unshackle all parents from oppressive social norms. As it deepens our understanding of matrescence, it raises vital questions about motherhood and femininity; interdependence and individual identity; as well as about our relationships with each other and the living world.

What No One Tells You Alexandra Sacks, Catherine Birndorf, 2019-04-23 Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In What No One Tells You, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and

expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

Mother Brain Chelsea Conaboy, 2023-09-19 Health and science journalist Chelsea Conaboy explodes the concept of "maternal instinct" and tells a new story about what it means to become a parent. Conaboy expected things to change with the birth of her child. What she didn't expect was how different she would feel. But she would soon discover what was behind this: her changing brain. Though Conaboy was prepared for the endless dirty diapers, the sleepless nights, and the joy of holding her newborn, she did not anticipate this shift in self, as deep as it was disorienting. **Mother Brain** is a groundbreaking exploration of the parental brain that untangles insidious myths from complicated realities. New parents undergo major structural and functional brain changes, driven by hormones and the deluge of stimuli a baby provides. These neurobiological changes help all parents—birthing or otherwise—adapt in those intense first days and prepare for a long period of learning how to meet their child's needs. Pregnancy produces such significant changes in brain anatomy that researchers can easily sort those who have had one from those who haven't. And all highly involved parents, no matter their path to parenthood, develop similar caregiving circuitry. Yet this emerging science, which provides key insights into the wide-ranging experience of parenthood, from its larger role in shaping human nature to the intensity of our individual emotions, is mostly absent from the public conversation about parenthood. The story that exists in the science today is far more meaningful than the idea that mothers spring into being by instinct. Weaving the latest neuroscience and social psychology together with new reporting, Conaboy reveals unexpected upsides, generations of scientific neglect, and a powerful new narrative of parenthood.

Motherhood Sheila Heti, 2018-05-24 'A response - finally - to the new norms of femininity' Rachel Cusk Having reached an age when most of her peers are asking themselves when they will become mothers, Heti's narrator considers, with the same urgency, whether she will do so at all. Over the course of several years, under the influence of her partner, body, family, friends, mysticism and chance, she struggles to make a moral and meaningful choice. In a compellingly direct mode that straddles the forms of the novel and the essay, **Motherhood** raises radical and essential questions about womanhood, parenthood, and how - and for whom - to live. 'Likely to become the defining literary work on the subject' Guardian 'Courageous, necessary, visionary' Elif Batuman 'Quietly affecting... As concerned with art as it is with mothering' Sally Rooney 'Groundbreaking in its fluidity' Spectator **A Daily Telegraph, Financial Times, Irish Times, Refinery29, TLS and The White Review Book of the Year **

Making Babies Anne Enright, 2005 A SUNDAY TIMES BESTSELLER 'An unadulterated delight...suffused with a sense of

love and very, very funny' Maggie O'Farrell It's 2004 and Anne Enright, one of Ireland's most remarkable writers, has just had two babies- a girl and a boy. Making Babies, is the intimate, engaging, and very funny record of the journey from early pregnancy to age two. Written in dispatches, typed with a sleeping baby in the room, it has the rush of good news - full of the mess, the glory, and the raw shock of it all. An antidote to the high-minded, polemical 'How-to' baby manuals, Making Babies also bears a visceral and dreamlike witness to the first years of parenthood. Anne Enright wrote the truth of it as it happened, because, for these months and years, it is impossible for a woman to lie.

Birth Notes Jessica Cornwell, 2022-05-05 'When a woman gives birth, she may, unwittingly, remember violent things. Ugly things. Unspoken things.' After her twins were born, Jessica Cornwell stopped feeling. Plagued by memories of a traumatic birth, wrestling with ongoing physical pain and the brutal demands of caring for two tiny babies, she struggled to experience joy and love. Instead, she was consumed by fear and haunted by recurrent thoughts of blood and danger. It was only when she received a diagnosis of post-partum PTSD and began therapy that Jessica was able to confront the secrets in her past. As she began to understand how her experience of birth had triggered her traumatic memories of sexual assault, she was finally able to integrate those memories into her identity as a mother and a survivor - and begin to heal. 'A redemptive tale of the power and wisdom of women's bodies' Leah Hazard 'This book undid me... and filled me with hope' Elinor Cleghorn 'Magnificent... a work of truth, understanding, scholarship and hope' Susie Orbach 'An astonishing memoir... about the intersection between birth trauma and sexual trauma, medical misogyny' Rhiannon Lucy Cosslett

The Secret Life of Mothers Maggie Gordon-Walker, Charlotte Naughton, 2018

The Kids Are in Bed Rachel Bertsche, 2020-01-07 All new moms should shove a copy of The Kids Are in Bed in the diaper bag between the asswipes and Aquaphor! A perfect guide on how-to not morph solely into someone's mom and retain your badassery in a world of Disneyfication and baby sharks." —Jill Kargman, author of Sprinkle Glitter on My Grave and creator of Odd Mom Out Picture it—it's 8:30 p.m. You close the door to your child's room just as you hear your partner closing the dishwasher, and now it's time for an hour or two of glorious freedom. What do you do? Read the book you've been waiting to crack open all day? Chat on the phone with a friend, glass of wine in hand, or go out with pals and share a whole bottle? Or, like many modern parents, do you get caught up in chores, busywork, and social media black holes? In an original survey conducted for this book, 71 percent of parents said their free time didn't feel free at all, because they were still thinking about all the things they should be doing for their kids, their jobs, and their households. Rachel Bertsche found herself in exactly that bind. After dozens of interviews with scientists and parenting experts, input from moms and dads across the country, and her own experiments with her personal time, Rachel figured out how to transform her patterns and reconnect to her pre-kids life. In The Kids Are in Bed, other parents can learn to do the same, and learn to truly enjoy the time after lights-out.

After the Storm Emma Jane Unsworth, 2021-05-06 The raw, relatable call-to-arms memoir, breaking the silence on postnatal depression - from the bestselling author of *Animals and Adults* 'I am so grateful for this beautiful, honest book. It has helped me immeasurably' Pandora Sykes 'I loved this book' Clover Stroud 'Totally relatable ... had me laughing and crying in equal measures' Christie Watson 'Dazzling' The i An Unmissable Memoir, Stylist A Hot Summer Book, Refinery29 Six months after the birth of her son, Emma Jane Unsworth finds herself in the eye of a storm. Nothing - from pregnancy to birth and beyond - has gone as she expected. A birth plan? It might as well have been a rough draft! Furious and exhausted, her life is the complete opposite of what it used to be. She's swapped all night benders for grazed labia and Whac-a-Moling haemorrhoids. How did she end up here? In this brave, vital account of postnatal depression, Emma tells her story of despair and recovery. She tackles the biggest taboos around motherhood and mental health, from botched stitches and bleeding nipples to anger and shame. How does pregnancy adapt our brains? Is postnatal depression a natural reaction to the trauma of modern motherhood? And are people's attitudes finally changing? *After the Storm* is a celebration of survival, holding out a hand to women everywhere. 'This book will make new mums feel accompanied, which is the most sacred thing' Jenn Ashworth 'Hilarious, heart-breaking and wise' Leah Hazard, midwife and author 'Truth and power and lots of LOLs too. I loved it' Amy Liptrot 'A brave and compelling part memoir, part manifesto' Marie Claire

Crazy Jane Feather, 2022-04-07 'Stunning . . . it almost feels transgressive' Anthony Cummins, Daily Mail 'One of the most startling novels I've read this year' Frances Wilson, TLS 'This book is brilliant - brave, truthful and intelligent' Wendy Cope 'Funny, philosophical, sobering and wise, *Crazy* is crammed with insight and laced with great sentences' Claire Kilroy, Guardian 'I will break him; he will break me, and when we are broken, we will be even, and then we can be put back together again' Jane has been accustomed to clever, undemonstrative men. So when, as a young woman, she meets Ardu, she is instantly bewitched by his intellect and detachment. What starts as a crush turns into something far darker, an all-consuming obsession, from which, years later, she is still reeling. *Crazy* is a work of autofiction, a startling story of obsessive love, addiction, motherhood and work. It is a reckoning with fiction and with truth: how these things play out on the body; what it takes for a woman to write out her own life.

The Best, Most Awful Job Katherine May, 2021-08-05 Motherhood is life-changing. Joyful. Disorientating. Overwhelming. Intense on every level. It's the best, most awful job. From dating as a single mum to adopting your baby, becoming a stepmother to enduring a miscarriage, there are a million different ways to be a mother. Yet some voices are still too often heard above others. It's time to broaden the conversation. From the introduction: 'We need to talk about all the different ways of being a mother. The true, dirty business of motherhood is a constellation of experiences. That is the only universal: everybody finds their own way through. At its core, this is a book about love. It's a snapshot of reality, told in twenty-two dazzling voices; the best job in the world, and simultaneously the most awful. Because motherhood is everything

at once: pleasure and pain, anger and tenderness, light and shade. In short, true love.'

Heartland Sarah Smarsh, 2018-10-15 ONE OF BARACK OBAMA'S BOOKS OF THE YEAR AND A FINALIST FOR THE NATIONAL BOOK AWARD FOR NONFICTION. An eye-opening, topical, and moving memoir of one woman's experience of working-class poverty in America. Born a fifth-generation Kansas wheat farmer on her paternal side and the product of generations of teenage mothers on her maternal side, Smarsh grew up in a family of labourers trapped in a cycle of poverty. She learned about hard work, and also absorbed painful lessons about economic inequality, eventually coming to understand the powerful forces that have blighted the lives of poor and working-class Americans living in the heartland. By sharing the story of her life and the lives of the people she loves, Smarsh challenges us to consider modern-day America from a different perspective. Combining memoir with powerful analysis and cultural commentary, *Heartland* is a searing, uncompromising look at class, identity, and the perils of having less in a country known for its excess.

Maternal Performance Lena Šimić, Emily Underwood-Lee, 2021-11-27 *Maternal Performance: Feminist Relations* bridges the fields of performance, feminism, maternal studies, and ethics. It loosely follows the life course with chapters on maternal loss, pregnancy, birth, aftermath, maintenance, generations, and futures. Performance and the maternal have an affinity as both are lived through the body of the mother/artist, are played out in real time, and are concerned with creating ethical relationships with an other - be that other the child, the theatrical audience, or our wider communities. The authors contend that maternal performance takes the largely hidden, private and domestic work of mothering and makes it worthy of consideration and contemplation within the public sphere.

Not So Mum Marcia Leone, 2020-03-03 'Not So Mum encapsulates motherhood's new mood; edgy, powerful, honest and strong.' - Marie Claire Magazine Yes, you are a mum, but you're still you! For mamas everywhere, this is your Mother's Group in a book. Parenting is hard, but it's also beautiful. For women who have embraced motherhood but also yearn to retain a sense of self and style, *Not So Mum* has been a pioneering site driving the Modern Mama movement. Bridging the gap between pre-mama life and the whole new world of leaky boobs and pureed banana, Marcia Leone (aka Not So Mum) has always shared her journey with honesty and humour, providing a warm and inclusive support network for like-minded women. With powerfully uplifting perspectives from inspirational mamas across the world, including Jaime King, Teresa Palmer, Megan Gale and Tammin Sursok, *Not So Mum* will help you navigate pregnancy, your first year and beyond with style, humour and confidence.

Inferno Catherine Cho, 2020-03-19 _____ 'A beautifully written account of postpartum psychosis, and the ties, blessings and burdens of family' - NIGELLA LAWSON SHORTLISTED FOR THE SUNDAY TIMES YOUNG WRITER OF THE YEAR AWARD SHORTLISTED FOR THE JHALAK PRIZE *Observer Book of the Week* *A Guardian Memoir of the Year 2020* *Harper's Bazaar 10 Women Who Will Shape What You Watch, See and Read in 2020* _____ 'Striking

and original' - Cathy Rentzenbrink, The Times 'Completely devastating. Completely heartbreaking' - Daisy Johnson

_____ Catherine Cho's son was three months old when she and her husband left home to introduce him to their families. Catherine herself could never have envisaged how the trip would end for her - surfacing in an involuntary psychiatric ward, separated from her husband and child, unable to understand who she was, or remember how she got there. In her two weeks on the ward, Catherine turned to her notebook to reconstruct who she was, piece by piece, from the fragments of her life as they drifted back to her. The result is this powerful exploration of psychosis and motherhood, at once intensely personal, yet holding within it a universal experience - of how we love, live and understand ourselves in relation to each other. _____ 'A haunting, eloquent evocation of becoming a stranger to yourself' Observer

Little Labors Rivka Galchen, 2019-03-26 In paperback at last: Rivka Galchen's beloved baby bible—slyly hilarious, surprising, and absolutely essential reading for anyone who has ever had, held, or been a baby In this enchanting miscellany, Galchen notes that literature has more dogs than babies (and also more abortions), that the tally of children for many great women writers—Jane Bowles, Elizabeth Bishop, Virginia Woolf, Janet Frame, Willa Cather, Patricia Highsmith, Iris Murdoch, Djuna Barnes, Mavis Gallant—is zero, that orange is the new baby pink, that *The Tale of Genji* has no plot but plenty of drama about paternity, that babies exude an intoxicating black magic, and that a baby is a goldmine.

Gossip from the Forest Sara Maitland, 2012 A magical exploration of the ancient landscape of forests and the ancient genre of fairytales, drawing fascinating and surprising connections between the two, by the author of the bestselling *A Book Of Silence*.

Art London Hettie Judah, 2019 * An engaging and accessible guide to the galleries, art museums and artists of London, past and present* Authored by Hettie Judah, contributor on art for *The Guardian*, *The New York Times* and *Vogue** Exclusive photography includes portraits of Tracey Emin, Anish Kapoor, Grayson Perry, Chantal Joffe, Rasheed Araeen, Jeremy Deller, Yinka Shonibare and many more, in their own studios* Part of a new series exploring London culture, joined by *Vinyl London*, *Rock 'n' Roll London*, *Writers' London* and *London Peculiar*s Prodigies, revolutionaries, defiers of the patriarchy; drunks, rebels and impassioned immigrants; queer pioneers, paint-spattered punks and proto-feminists: there have always been artists in London. Some were celebrated in their lifetime, others were out-of-step with the spirit of their age: too radical, too subversive, too modest, too female, too foreign. *Art London* is more than a guidebook. It will accompany you on a journey through this great city, telling stories, uncovering histories, sharing insights into those who have made, collected and influenced art past and present. Moving neighbourhood by neighbourhood, *Art London* travels the streets with you, revealing art in museums, galleries and beyond, from palace to pub to studio. Anish Kapoor, Grayson Perry, Mona Hatoum, John Akomfra, Rasheed Araeen, Sunil Gupta, Tracey Emin and Yinka Shonibare were among the artists who agreed to have their portraits taken for this book, while at work in their studios. Alex Schneiderman's exclusive photographs reveal the human

element behind contemporary art, while pictures of streetside galleries place London's art scene within an ever-expanding cosmopolitan world. Fascinating, entertaining, full of anecdote and insights, Art London reflects the city itself: energetic, diverse, resilient, occasionally outrageous, and never short of fresh ideas.

What Are Children For? Anastasia Berg, Rachel Wiseman, 2024-06-11 A modern argument, grounded in philosophy and cultural criticism, about childbearing ambivalence and how to overcome it. Becoming a parent, once the expected outcome of adulthood, is increasingly viewed as a potential threat to the most basic goals and aspirations of modern life. We seek self-fulfillment; we want to liberate women to find meaning and self-worth outside the home; and we wish to protect the planet from the ravages of climate change. Weighing the pros and cons of having children, Millennials and Zoomers are finding it increasingly difficult to judge in its favor. With lucid argument and passionate prose, Anastasia Berg and Rachel Wiseman offer the guidance necessary to move beyond uncertainty. The decision whether or not to have children, they argue, is not just a women's issue but a basic human one. And at a time when climate change worries threaten the very legitimacy of human reproduction, Berg and Wiseman conclude that neither our personal nor collective failures ought to prevent us from embracing the fundamental goodness of human life—not only in the present but, in choosing to have children, in the future.

To Have and to Hold Molly Millwood, PhD, 2019-03-26 A clinical psychologist's exploration of the modern dilemmas women face in the wake of new motherhood. When Molly Millwood became a mother, she was fully prepared for what she would gain: an adorable baby boy; hard-won mothering skills; and a messy, chaotic, beautiful life. But what she did not expect was what she would lose: aspects of her identity, a baseline level of happiness, a general sense of wellbeing. And though she had the benefit of a supportive husband during this transition, she also at times resented the fact that the disruption to his life seemed to pale in comparison to hers. As a clinical psychologist, Molly knew her experience was a normal response to a life-changing event. But without the advantage of such a perspective, many of the patients she treated in her private practice grappled with self-doubt, guilt, and fear, and suffered the dual pain of not only the struggle to adjust but also the overwhelming shame for struggling at all. In To Have and to Hold, Molly explores the complex terrain of new motherhood, illuminating the ways it affects women psychologically, emotionally, physically, and professionally—as well as how it impacts their partnership. Along with the arrival of a bundle of joy come thorny issues such as self-worth, control, autonomy, and dependency. And for most new mothers, these issues are experienced within the context of an intimate relationship, adding another layer of tension, conflict, and confusion to an already challenging time. As Molly examines the inextricable link between women's well-being as new mothers and the well-being of their relationships, she offers guidance to help readers reclaim their identities, overcome their guilt and shame, and repair their relationships. A blend of personal narrative, scientific research, and stories from Molly's clinical practice, To Have and to Hold provides a much-needed lifeline to new mothers everywhere.

The Top Books of the Year Matrescence In A Sentence The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Matrescence In A Sentence : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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