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Dans le cerveau des mamans



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In Mom's Brain

Neuroscience Explains Motherhood, Love, and the Baby Blues

Authors: Hugo Bottemanne - Lucie Joly

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Genres : Well-Being/Self-Help

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A revolutionary book on pregnancy.

Two psychiatrists specializing in neuroscience discuss the complex impact of pregnancy and motherhood. These times can lead to psychological and biological upheavals in mothers, who are often bewildered by their unusual emotions and sensations. This book explores how the brain functions during pregnancy, highlighting interoception, which is crucial to the mother-child attachment. Constantly adapting, the brain can sometimes misinterpret information, leading to sleep disorders, denial of pregnancy, baby blues, and postpartum depression. These findings open up new avenues for the support and treatment of mothers during these sensitive times.
