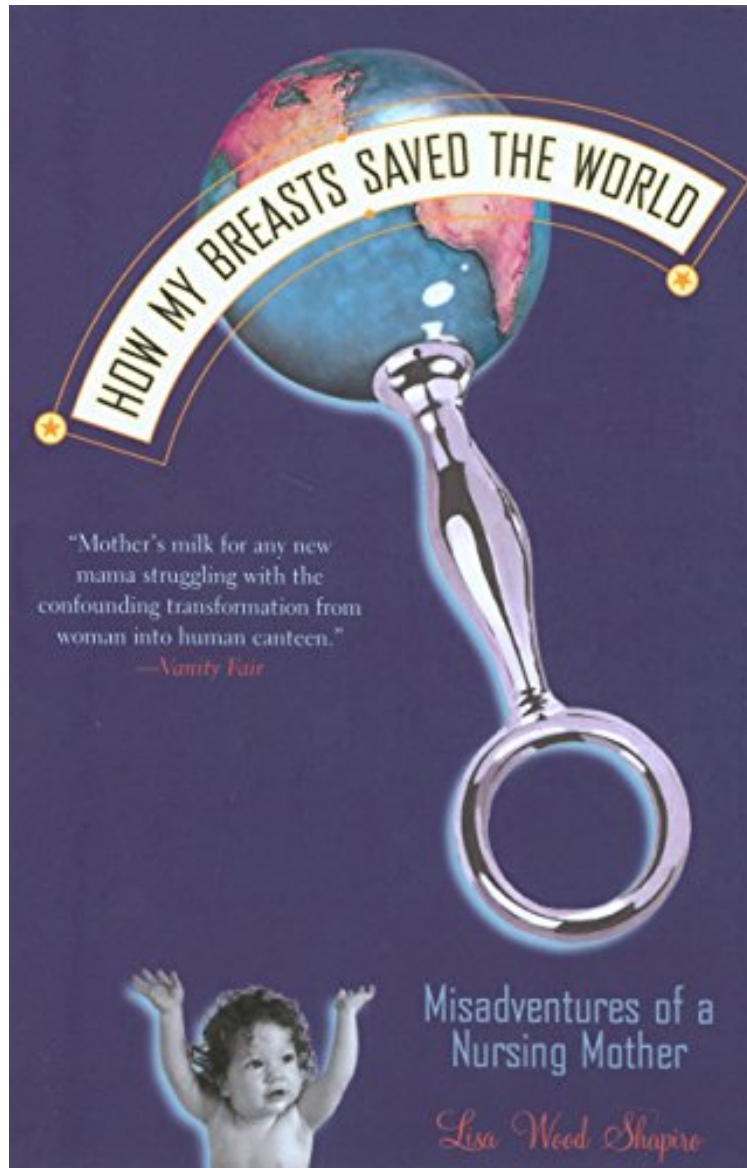


# How My Breasts Saved the World: Misadventures of a Nursing Mother

Lisa Wood Shapiro

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## Misadventures of a Nursing Mother:

"How My Breasts Saved the World is mother's milk for any new mama struggling with confounding transformation from woman into human canteen."--"Vanity Fair "Refreshingly hysterical. Any woman can benefit from Shapiro's hard-won education."--"BUST magazine "Shapiro's memoir . . . offers a welcome real-life complement to weightier breastfeeding advice."--"Brain, Child magazine In this hilarious breastfeeding tell-all--the first of its kind-- Lisa Wood Shapiro recounts her misadventures of new motherhood from the delivery of her daughter and her rookie days as a food source to the bittersweet end of weaning. This may be the information age, but so much of nursing still exists in the smart gal's rumor culture. Only after Shapiro shares her own nursing saga, complete with lactation consultants, chocolate binges, and a new use for green cabbage, do her friends and relatives confess to their own travails. Breastfeeding may be natural, but it is not always instinctual, and one doesn't have to go it alone. There are professionals who can make it work without pain, and it does get easier. Whether or not your breasts have been involved in any world-saving activities, you won't be able to put this book down until you've read the last line.