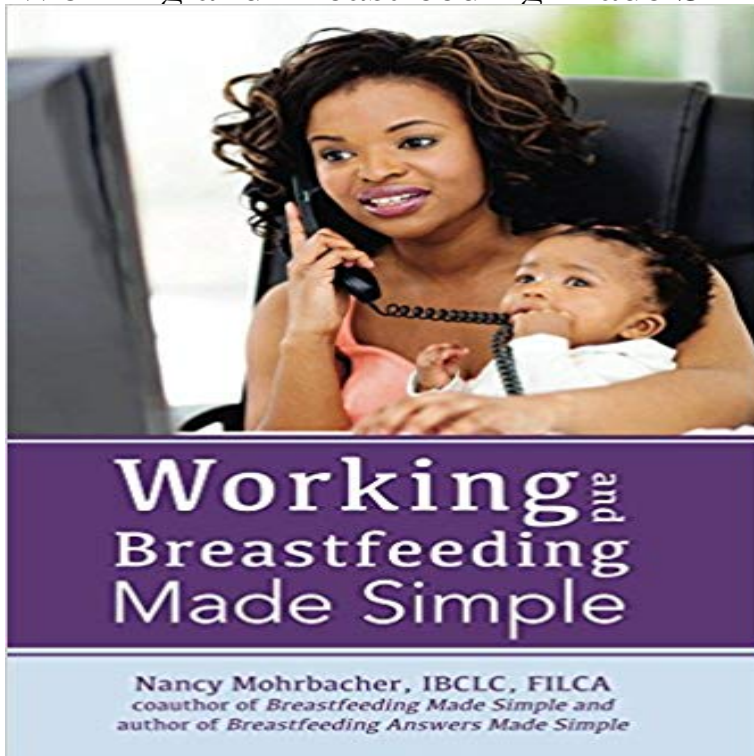


Working and Breastfeeding Made Simple



With its evidence-based insights, *Working & Breastfeeding Made Simple* takes the mystery out of pumping and milk production. Written by an international breastfeeding expert, it puts you in control of your own experience with straightforward explanations of how milk is made and what you can do to reach your own best level. Whether your maternity leave is long, short, or in between, it includes what you need to know every step of the way. New concepts such as The Magic Number explain how to tailor your daily routine to your body's response. It also includes pumping strategies that can increase your milk yields by nearly 50%. Tips from employed mothers provide the wisdom of hindsight. No matter what your work setting or whether you stay close to home or travel regularly, this book provides the essentials you need to reach your personal breastfeeding goals.

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