



Breastfeeding Made Easy: A Gift for Life for You and Your Baby

By Carlos Gonzalez

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Following his bestsellers *Kiss Me!* and *My Child Won't Eat!*, Carlos González returns with one of his great passions: breastfeeding. There are many theories that talk about the benefits of breastfeeding, but this book does not explain why, but how. Its intention is simply to provide practical information to empower mothers who do want to breastfeed to do it without stress and for enjoyment of both themselves and their baby.

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Editorial Review

About the Author

Carlos González, a father of three, is a Spanish pediatrician and founder and president of the Catalan Breastfeeding Association (ACPAM). Since 1996 he has been breastfeeding correspondent for Ser Padres (Being Parents) magazine.

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