



Motherhood - Is It For Me?: Your Step-by-Step Guide to Clarity

By Denise L. Carlini, Ann Davidman

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Many women question whether they want a baby or a childfree life. *Motherhood – Is It For Me?* is the perfect resource for addressing this crucial life choice. Find out what family planning might really mean for you with this insightful book, which offers every woman a clear path to understanding her ambivalence, moving through it, and making an informed decision about becoming a mother or remaining childfree.

For partnered and single women alike, this self-help guide will lead you to your truth, gently and nonjudgmentally. A series of exercises - done at your own pace or over the book's recommended 12 weeks - will enable you to navigate through your immobilization. You'll learn how to let go of external circumstances that cloud the motherhood decision. No one can make the motherhood decision for you, but this self-help guide for women will help you to say hello to a new future—one of clarity and brightness.

Motherhood – Is It For Me? can be read and used individually or in a women's group. Many women feel that there's nowhere to turn when they can't decide whether to become mothers; they're unsure how to think about family planning. Some think they don't want to be a mother at all, or they might be deciding whether to become pregnant after 35 and have a baby. In all of these circumstances, women can feel lonely, isolated and debilitated. If you have these feelings, you're not alone; so, whether you read *Motherhood – Is It For Me?* as an individual or in a women's group, doing the exercises will lead you to clarity.

This self-help guide includes 20 stories from women of diverse backgrounds who share their decision-making journeys; half of these women chose motherhood while half decided on a childfree life. These women's stories create a valuable, supportive community by breaking the isolation that women often feel when they don't know their own truths about motherhood.

The authors of this book, who are both licensed Marriage and Family Therapists, created the Motherhood-Is it for me?TM program in 1991—it has had more than 25 years of proven success. *Motherhood – Is It For Me?* brings the methods used

in that innovative, insightful program to paperback or e-book. *Motherhood – Is It For Me?* provides the path to a woman's deepest desire so that she can make the motherhood decision that feels right for her. It's a must-read if you're undecided.

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Editorial Review

Review

"Rose Ainsworth, the protagonist in my novel, *The Pregnant Pause*, would have benefited greatly from reading *Motherhood-Is It For Me?* Like many women, Rose is making herself miserable trying to decide whether to become a mother. The authors of this step-by-step guide recognize that not every woman knows for certain whether she wants children and sends the message that having mixed feelings is okay - a message that women who are struggling with this life-altering decision need to hear. The twelve chapters include real-life examples, self-discovery exercises, guided visualizations and self-care suggestions. Miserable about motherhood indecision? Conflicted about conceiving? Read this book!"

~ **Jane Doucet, author, *The Pregnant Pause***

"Women considering whether to have a child have an invaluable resource in *Motherhood-Is It for Me?* This book is a 12-week program designed to evoke emotional experiences and discoveries. The authors are the guides on this experiential trek, reminding and reassuring every step of the way that there are no correct or incorrect answers, only perceptions and experiences. If those can be uncovered, clarity will come.

Right from the start, the reader feels the authors' comforting, patient, and supportive voice. Like being in the presence of a good therapist, the authors evoke a sense of spaciousness and an invitation to slow down and reflect. Guided visualizations offered each week are designed to help access unconscious material. Concurrent exercises are offered to help process the emotions and revelations that emerge.

I feel quite confident that anyone who takes the time and effort to do the program will be significantly benefited. After working the program in this book, one is surely to gain not only a fuller understanding of one's relationship to motherhood, but a deeper self-knowledge and self-awareness. This book is a gem; offering life sustaining tools for creating inner space so that deep listening and knowing can happen."

~ **Jacqueline Ward, PhD, Clinical Psychologist, San Francisco, California**

"For many, the motherhood decision is a given. For some, the decision not to have children is just as clear. But for all the other women, currently struggling with the 'Should I or shouldn't I...become a mom?' question, I highly recommend this book. I could have saved myself a lot of time and energy that was spent thinking about the decision, if the brilliant book, *Motherhood-Is It For Me?* had existed.

Even though I read the book after my decision was made, I found it extremely useful in helping me make another major life decision. Right off the top, Carlini and Davidman explain the difference between determining one's desire and making one's decision.

So often we get caught up in trying to MAKE a decision before we've taken the time to really know what it is we truly want...and that goes for anything in life, not just motherhood."

~ **Maryanne Pope, author of *A Widow's Awakening*, playwright of *Saviour*, screenwriter of *God's Country*, executive producer of documentary, *Whatever Floats Your Boat...Perspectives on Motherhood*, CEO of *Pink Gazelle Productions* and Chair of the *John Petropoulos Memorial Fund*.**

Users Review

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Lori Roth:

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