



The Mommy Brain: How Motherhood Makes Us Smarter (Hardback)

By Katherine Ellison

INGRAM PUBLISHER SERVICES US, United States, 2005. Hardback. Condition: New. Language: English . Brand New Book. A Pulitzer Prize-winning journalist implodes the myth of the dumbed-down mum, offering startling scientific evidence that motherhood gives women unexpected mental advantages. Generations of mothers have been told - and believed - that having a baby means checking-in their own brains at the delivery room door. The Mummy Brain usually refers to a head full of feeding times and nursery rhymes, at the expense of creative or challenging ideas. But recent scientific research paints a dramatically different and far rosier picture. Journalist Katherine Ellison draws on cutting-edge neuroscience research to demonstrate that, contrary to long-established wisdom, that having children dumbs-you-down, raising children may actually make mums smarter. From enhanced senses in pregnancy and early motherhood to the alertness and memory skills necessary to manage like a pro, to a greater aptitude for risk-taking and a talent for empathy and negotiation, these advantages not only help mothers in raising their children, but in their work and social lives as well. Filled with lively (and often hilarious) stories of multi-tasking mums at home and at work, The Mommy Brain encourages all of us to cast aside...



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