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HEALTH & WELLNESS



BORN TO BE BREASTFED

WITH
MARIE BIANCUZZO RN MS IBCLC



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Born to be Breastfed

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December 17th 2018: Coping with Unsupportive or Critical Relatives at the Holidays

Admit it. There's a tiny part of the holiday season that you dread. You've got a few relatives who always poke their noses into your parenting business, and you never know exactly how to handle their comments. Should you just put up and shut up? Or should you lash back? Or is there perhaps a better solution that might help to avoid all of that negative energy floating around in the room? Listen as Marie and best-selling author and top psychotherapist Sandra Reich talk about why topics like breastfeeding are so likely to bring on criticism, and how the "crab mentality" works overtime—and is o

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Featured Guest



Sandra Reich

Sandra Reich M.Ed. is the Clinical Director of The Montreal Center for Anxiety and Depression, Co-Director of Empowered Women Workshops, Co-Director of Anxiety Videos, Founder of Sandra Reich's Couple Retreats, and a Licensed Psychotherapist.

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