

“Poems for Benjamin: A New Mother’s Journey”

By Rose Hester-Lavenburg

Through a collection of original poetry woven with grace, humor and honest emotion, the author explores her rich experiences as a new mother in a no-holds-barred look at her new life with her son during his first three years.



Just in time for Mother’s Day, the book chronicles Hester-Lavenburg’s journey from married woman to married mom. In 55 poems spanning seven chapters, she chronicles motherhood from the blues of post-partum depression to the joys of baby’s first wiggles and giggles, putting into poetry every mom’s myriad thoughts about her new baby and her new body.

The author is an elementary school teacher. She lives in New York with her husband and their son, Benjamin. Book price is \$8.

Available for Mother’s Day at www.heavencantwait.org

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