

# THE NURSING MOTHER'S GUIDE TO WEANING



How to Bring  
Breastfeeding  
to a Gentle  
Close, and  
How to Decide  
When the  
Time is Right

REVISED  
EDITION

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Best-Selling Author of *The Nursing Mother's Companion*



AND LINDA ZIEDRICH



# The Nursing Mother Guide To Weaning

**La Leche League International**



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