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PARENTING UNFILTERED

The most anticipated parenting (and parenting-adjacent) books of spring 2025

By [Kara Baskin](#) Globe Correspondent, Updated February 21, 2025, 2:00 a.m.



“Maternal Ambivalence: The Loving Moments & Bitter Truths of Motherhood”

What if you resent your kid? What if you feel angry or bored a lot of the time? In a world where curated versions of motherhood persist and undermine, this book from psychotherapist Margo Lowy is a helpful counterpoint that normalizes and unpacks messier emotions that can make so many people feel like not-good-enough parents. It's out on Tuesday, March 11.