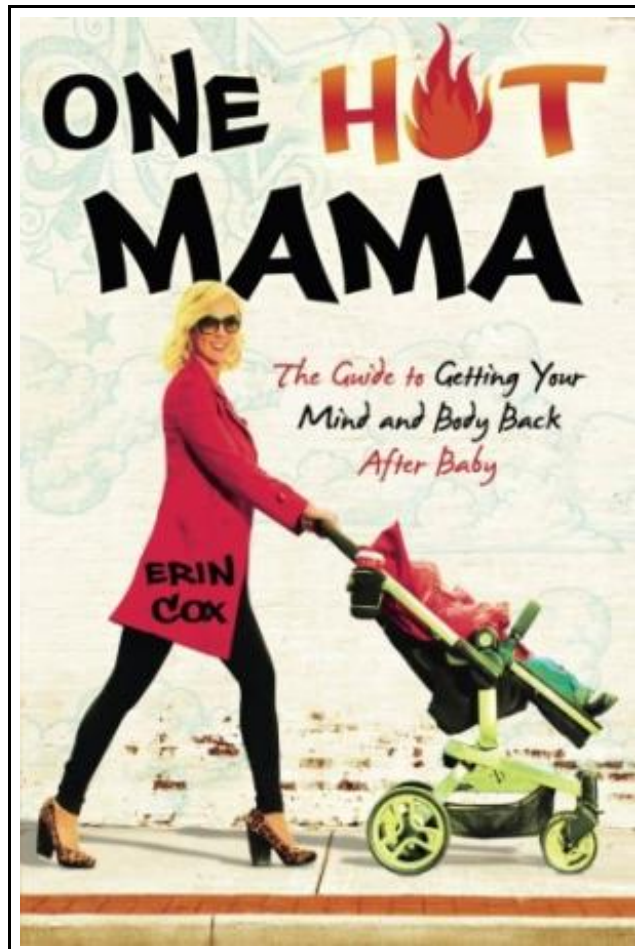


One Hot Mama: The Guide to Getting Your Mind and Body Back After Baby



Filesize: 7.47 MB

Reviews

Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.

(Lily Ryan)

ONE HOT MAMA: THE GUIDE TO GETTING YOUR MIND AND BODY BACK AFTER BABY



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Hay House, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: " One Hot Mama is chock-full of practical, uplifting ways to make the days and months after having a baby both pleasurable and healthy. I highly recommend this book." -- Christiane Northrup, M.D., author of the New York Times bestsellers Women's Bodies, Women's Wisdom and The Wisdom of Menopause "If you're a new mom, I highly recommend One Hot Mama. Erin Cox understands the challenges, frustrations, and hurdles women face in trying to regain themselves after childbirth. I wish I had this book years ago when I had my own children!" -- Caroline Sutherland, best-selling author of The Body Knows . . . How to Stay Young " One Hot Mama is one hot, sanity-saving commodity for all moms of new babies everywhere! With grace, humor, and been-there-compassion, Erin Cox takes readers through the steps to renew and invigorate their bodies, minds, and spirits after the life-altering milestones of pregnancy and delivery. Never has a post-pregnancy book been so thorough in addressing the genuine concerns and vulnerabilities of a woman during this precious time in her life. Erin's insights and encouragement will skyrocket the spirits of first-time moms and seasoned pros alike, making them feel truly seen, understood, and appreciated. I'll be gifting this one to every pregnant woman I love!" -- Lisa McCourt, Joy Trainer and best-selling author of Juicy Joy: 7 Simple Steps to Your Glorious, Gutsy Self.

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