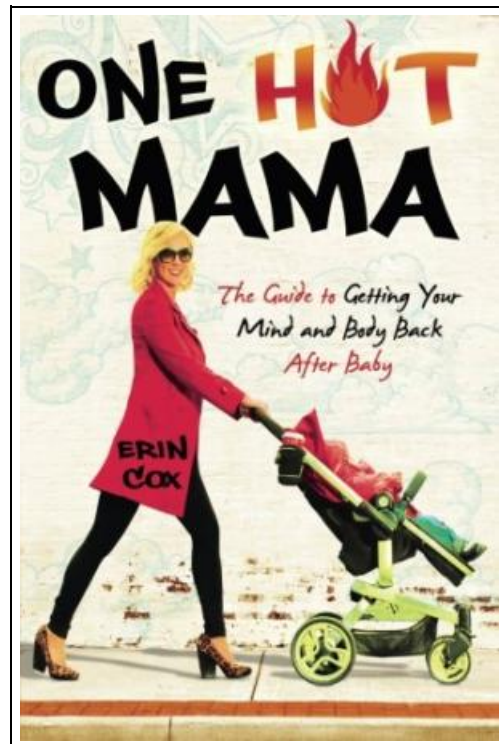


One Hot Mama: The Guide to Getting Your Mind and Body Back After Baby



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Reviews

Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).
(Lexie Paucek PhD)

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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