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

By Cox, Erin

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..."



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Reviews

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