

With an engaging and easily accessible style, health writer Victoria Dolby Toews helps moms navigate their new life after the arrival of a baby. Like a road map to the altered terrain of life once a baby becomes part of the family, *Life After Baby* touches on key aspects of a woman's life to help readers redefine themselves in a healthy way as they adjust to a myriad of post-baby changes—body and soul. Filled with sensible, sound, and realistic advice—grounded in the latest research—*Life After Baby* offers an array of down-to-earth tips on issues new mothers grapple with every day, such as: Losing the baby weight How to supercharge Mom's nutrition Fitting exercise into Mom's daily routine Rediscovering beauty basics Reviving passion Fighting fatigue Overcoming stress A comprehensive guidebook for new and longtime mothers, *Life After Baby* brings a welcome measure of honesty and sanity to the discussion of how women can rediscover and reclaim their health, their verve, and their joie de vivre after a newborn joins their family.

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Life After Baby: Rediscovering and Reclaiming Your Healthy Pizzazz by Victoria Dolby Toews () [Victoria Dolby Toews] on fireplaceupgrades.com *FREE*.

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