



The New Mom's Guide to Your Body after Baby (The New Mom's Guides Book #1)

Susan Besze Wallace, Monica M.D. Reed

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Get ready to embrace the new you.

You might have noticed that you brought a new body home along with that bundle of joy. Your feet are bigger, your breasts are like melons, and you still can't fit into any of your old clothes. You may be asking yourself, "Will I ever feel normal again?"

The New Mom's Guide to Your Body after Baby helps you navigate the bewildering world of breastfeeding, resuming sexual activity, and finding something--anything--in your closet that will fit. It also shows you how to weather the emotional storms that inevitably follow having a baby. With the insight in this book you will be on your way to celebrating the new you in no time.

You *can* do this! The New Mom's Guides are here to help.

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