



Whoa, Baby!: A Guide for New Moms Who Feel Overwhelmed and Freaked Out (and Wonder What the #*\$& Just Happened)

Kelly Rowland, Tristan Bickman M.D., Laura Moser

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When vocalist and actress Kelly Rowland, whose albums have sold millions of copies worldwide, gave birth to her son, it was love at first sight. But she was also a little freaked out about what had happened to her body and the overwhelming new thoughts and emotions. In *Whoa Baby!*, Rowland and her ob-gyn Dr. Tristan Emily Bickman team up to cover everything a first-time mom needs to know: the gross physical stuff, the hormonal and emotional stuff, and the just plain weird stuff. *Whoa, Baby!* is often hilarious and always honest and down-to-earth. Readers will empathize with the candid unglamorous experiences of parenting. From falling asleep with the pump on to swollen legs and lack of sleep, Rowland and Dr. Bickman cover every surprising challenge that new moms face.

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From reader reviews:

Lori Leavitt:

Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the book untitled Whoa, Baby!: A Guide for New Moms Who Feel Overwhelmed and Freaked Out (and Wonder What the #*\$& Just Happened) can be fine book to read. May be it is usually best activity to you.

Roger Lindsey:

This Whoa, Baby!: A Guide for New Moms Who Feel Overwhelmed and Freaked Out (and Wonder What the #*\$& Just Happened) is brand-new way for you who has curiosity to look for some information mainly because it relief your hunger details. Getting deeper you in it getting knowledge more you know or perhaps you who still having small amount of digest in reading this Whoa, Baby!: A Guide for New Moms Who Feel Overwhelmed and Freaked Out (and Wonder What the #*\$& Just Happened) can be the light food for you because the information inside this book is easy to get by anyone. These books create itself in the form and that is reachable by anyone, sure I mean in the e-book contact form. People who think that in book form make them feel sleepy even dizzy this publication is the answer. So there is not any in reading a e-book especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the item! Just read this e-book kind for your better life along with knowledge.

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Gregory Eubanks:

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