

[PDF] It Gets Easier! . . . And Other Lies We Tell New Mothers: A Fun, Practical Guide To Becoming A Mom

Claudine Wolk - pdf download free book

Books Details:

Title: It Gets Easier! . . . And Oth

Author: Claudine Wolk

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Description:

Review

"...each chapter is packed with invaluable, uncensored advice on absolutely everything..a must for baby shower and new mom gifts." -- Bookpage

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"...written for all mothers. Whether pregnant...or a seasoned mom interested in hearing motherhood talked about REALISTICALLY, this book is great!" -- An Island Life

"Let me tell you, this book is a such a fun read! It is full of hilarious information, that can only be the truth." -- My Organized Chaos

"Any mom--new or experienced--will enjoy Wolk's take on everything from managing sleep issues to making work 'work'...laugh-out-loud funny and thought-provoking." -- Cincinnati Parent

"...offers down-to-earth guidance on everything new mothers need to know...a ton of tips...to help ease the transition into parenthood." -- Atlanta Parent

"...written by the mother of three, this book is full of humor and practical tips for surviving motherhood." -- Foreword magazine

"With humor and compassion, Wolk is straightforward about how baby alters, but doesn't have to completely transform, your life." -- She Knows Pregnancy and Baby

"With its sass, blunt honesty and wit, "It Gets Easier!" reads more like a girlfriend's insider secrets to adapting to life after becoming a new mom." -- *The Intelligencer*

"It Gets Easier...and Other Lies We Tell New Mothers, is a breath of fresh air compared to many of the standard new mom/parenting books on the market." --parentplace.com

Book Description

There is no question that being a mother is challenging, but this fun, frank, and prescriptive guide tries to do the impossible and make new motherhood easier. Featuring interviews with hundreds of

moms and candid stories from author Claudine Wolk's own experiences as a mother, *It Gets Easier!...and Other Lies We Tell New Mothers* mixes humor, honesty, and insider strategies that will give new moms a "leg-up." This upbeat and entertaining book drives home the point that new moms are not alone and that there are things they can do to make motherhood a little more controllable and lot more enjoyable. It addresses such issues as:

- "The Talk" you need to have with your husband before you give birth
- what you really need to know about labor and delivery
- the importance of a baby schedule (no matter what anyone else says)
- the 6 Baby Commandments that can foster good eating and sleeping habits
- 5 new mom mantras that will help keep you sane
- body image after giving birth
- how to keep housework to a minimum

Complete with resources for further exploration and a helpful glossary, this funny, irreverent book will help ease every new mother's frustration.

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