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Author of The Girlfriends' Guides

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Girlfriends Girlfriends Guide to Getting Your Groove Back

Loving Your Family
Without Losing
Your Mind

<u>Girlfriends Guide To Getting Your Groove Back Loving</u> <u>Your Family Without Losing Your Mind</u>

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Girlfriends Guide To Getting Your Groove Back Loving Your Family Without Losing Your Mind:

The Girlfriends' Guide to Getting Your Groove Back Vicki Iovine, 2001-04-01 Bust out of that mommy rut and get into the groove When a mother finally emerges from the mommy mole tunnel of pregnancy breastfeeding potty training and preschool she comes to the inevitable realization The road to maternity is a one way street No U turns allowed You ve survived the battles of baby and toddler hood playdates and temper tantrums to time outs And just when it seems your former life is within reach taking up neglected jobs and hobbies committing to a fitness program rediscovering the boyfriend living in the body of your husband you crash headfirst into the wall of reality The kids may be able to fasten their own seatbelts and pour their own cereal but the homework tucking in car pools and birthday parties have just begun Let Vicki Iovine author of The Girlfriends Guides show you how to navigate the twists and turns of family life and find time for your kids your spouse your home your work and yourself You re not alone in this mommy adolescence In The Girlfriends Guide to Getting Your Groove Back Iovine provides her trademark sage witty advice on How to focus at work when things at home are in chaos and vice versa Making time for yourself and not the PTA Getting over the romantic myth of date nights and weekends away from the kids Homework help your transformation into a human flashcard The dinnertime crush and how to relieve frozen pizza fatigue Iovine puts the perils of perpetual parenthood into perspective You ll feel like you do after a long chat with a good friend relaxed refreshed and ready to reclaim your life The Best Friends' Guide to Getting Your Groove Back Vicki Iovine, 2001 No one understands the difficulties of being a woman better than Vicki Iovine The author of the hugely successful Best Friends series has guided women through most of the milestones in their lives from being pregnant to surviving the first years of motherhood Now in her new book Vicki Iovine tackles the dilemma that plagues every modern woman and mother how to manage family work and a personal life all at the same time With the wit wisdom and sass that has made her loved Vicki Iovine takes up all the big issues and breaks them up into manageable sections ways to stay connected with your spouse keeping up with the kids work home conflicts etc Funny pragmatic and efficient The Best Friend s Guide to Getting your Groove Back teaches women how to regain control of their lives with attitude this is an indispensable book for any woman The Girlfriends' Guide to Toddlers Vicki Iovine, 1999-02-01 With a combined total of over 300 000 Girlfriends Guides in print Vicki Iovine offers the kind of tongue in cheek humor and straight from the hip advice that has made her one of today's most popular authorities on child rearing Now she takes the next step in the Girlfriends series by helping mothers deal with that mysterious baffling often adorable and frequently alarming being their baby has become a toddler The Girlfriends' Guide to Surviving the First Year of Motherhood Vicki Iovine, 1997-10-01 When it comes to your new baby everyone from Dr Spock to Dr Brazleton has an armful of advice But no one s delivering any tips on how you can care for yourself Now four time delivery room veteran Vicki Iovine answers your questions calms your fears and cracks you up as only a girlfriend can with straight advice and hilarious observations on Baby euphoria Is it a mind altering drug

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