

How to be a Hip Mama Without Losing Your Cool (Hardback)



Filesize: 4.8 MB

Reviews

Very helpful to any or all category of men and women. It is definitely simplified but unexpected situations within the 50 % of your publication. I am very easily could possibly get a pleasure of reading a composed ebook.

(Dr. Therese Hartmann Sr.)

HOW TO BE A HIP MAMA WITHOUT LOSING YOUR COOL (HARDBACK)



HARDIE GRANT BOOKS, Australia, 2014. Hardback. Book Condition: New. 217 x 174 mm. Language: English . Brand New Book. When Jenny Scott had her son she thought she was prepared, but in reality she had no idea of the challenges of motherhood. A successful creative director and graphic designer, Jenny was used to a busy work and social schedule and soon found herself sick of daytime TV and trawling twee baby websites that were obsessed with nappies and nipple cream. Determined to get out of the tracksuit and make use of not having a stressful job, she set out to meet a whole group of hip mum friends with the same interests as her, who were embracing motherhood as a new, exciting chapter in their lives. In How To Be A Hip Mama Without Losing Your Cool, Jenny and some of her cool mama friends share their knowledge on a variety of topics - from light tips, such as quick make-up fixes and school-run fashion pointers, to more serious advice on how to regain your personal identity and deal with post-natal depression. Contributors such as Sharmadean Reid, founder of London's hottest nail salon WAH nails, TV presenter Angelica Bell, and Leila Fataar, Adidas Original Global Manager, all share inspirational quotes that you can rip out and stick on the fridge, alongside inspiring stories to give you a morale boost, and even post-pregnancy exercises that can be done at home with nothing more than a tin of beans and a great soundtrack. How To Be A Hip Mama Without Losing Your Cool is for mums of all ages, who are looking to make the most of their limited free time, and be more than just a mum.



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