

## The Girlfriends Guide To Surviving First Year Of Motherhood Vicki Iovine

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Vicki Iovine is the author of GIRLFRIENDS' GUIDE TO PREGNANCY, GIRLFRIENDS' GUIDE TO SURVIVING THE FIRST YEAR OF MOTHERHOOD, GIRLFRIENDS' GUIDE TO TODDLERS and GIRLFRIENDS' GUIDE TO GETTING YOUR GROOVE BACK. She helped create the Divorce section on Huffington Post, wrote advice columns for the LOS ANGELES TIMES, REDBOOK and CHILD magazines and is Executive Producer of the hit Bravo ...

### Vicki Iovine - Girlfriends' Guides

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While this guide offers some pertinent child-care tips, the focus here is not on the new baby but on the new mother—her body, her moods, fears and worries, her relationships. Iovine and her candid, chatty friends share their wisdom about postpartum depression, surviving on very little sleep, getting one's old body back, and resuming a sex life.

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The Girlfriends' Guide to Surviving the First Year of Motherhood by Vicki Iovine, 9780399523304, available at Book Depository with free delivery worldwide.

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