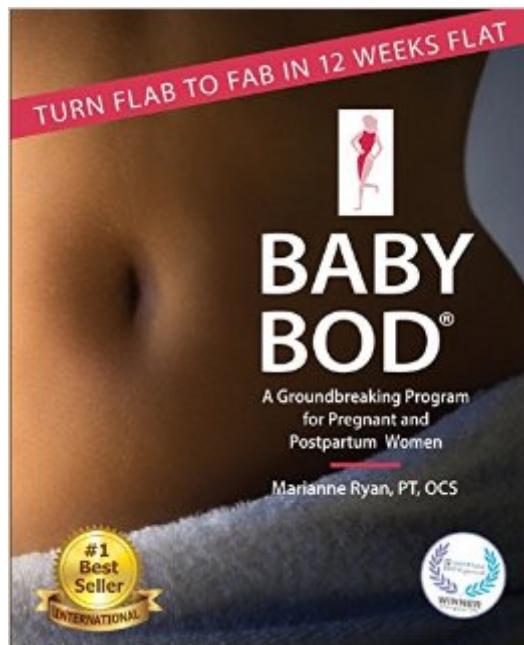


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# Baby Bod: Turn Flab To Fab In 12 Weeks Flat!



## **Synopsis**

A GROUNDBREAKING SELF-CARE PROGRAM FOR PREGNANT AND POSTPARTUM WOMEN, no matter how long it has been since you had your baby. Let BabyBod® get you into the best shape for delivery and then get your sexy back on as a mom! Learn self-care advice for: Diastasis Recti Mommy Tummy Urinary Leakage (incontinence) Pubic Symphysis Dysfunction Constipation Pelvic Pain Pelvic Organ Prolapse This revolutionary program will give you phenomenal results, even if it's been years since you had your last child. It's the first DIY program to bridge the gap between medical care and the special fitness needs of women like you. Written by leading Women's Health Physical Therapist, Marianne Ryan, PT, OCS, who has over 30 years experience. As a mother of two, Marianne is passionate about helping women prepare for childbirth and reclaim their bodies afterwards. Look for her popular blog on women's health on her BabyBodBook website.

## **Book Information**

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## **Customer Reviews**

Any woman who has experienced pregnancy and childbirth knows the toll it takes on her body. It's hard enough looking in the mirror and seeing a stranger reflected back, but when you look on TV and see the rich and famous bouncing back within a week and looking better than ever it takes a toll on your self esteem as well. Marianne Ryan delivers a detailed and well researched plan for getting your body back to its old self. She shows you it works with numerous success stories from women who've followed the program and gotten the results they wanted. The exercises and techniques

provided aren't grueling and there's no requirement to exist on lettuce and happy thoughts either. It's a very do-able plan that any woman can handle, and you don't have to be a mom to benefit from the information either. The exercises to improve the inner core muscles will help anyone, but especially someone who has given birth. The worksheets and exercise charts that are included are so helpful for keeping track of all this information, and believe me there's a lot of information here! The overall tone is very inspiring and positive, and teaches so much more than just basic exercises. It really educates you on what your body has gone through and reminds you that you're in total control of your body. I have two daughter-in-laws, one a mother of three and one who just had her first, both of them complaining about how they can't seem to get their old selves back. I'm getting them both copies of this book to help them get back in shape.

Very Useful book. I came to know about this book from my friend and i just read it. I say this book is very informative and useful. Thanks to Author for an outstanding creation. It explained really well what happens to the body after pregnancy and how to overcome with some adorable methods. I already sent two copy of this book to my cousins, who are recently gave birth. Hope it will works for them. I'd say give it a try.

This is an excellent combination of personal care and fitness to recover and physically improve your body after childbirth. The book is full of detailed and very relevant information and presented in a way that is easy to understand. I like the author's approach in the way she discusses the subject matter. It is not stiff and academic, but much more down to earth and on a personal level. This book offers a lot of insight about the mechanics of your body as well as a number of tips, advice and strategies to recover and restore your body in a healthy and natural way. The illustrations throughout the book are also very helpful to understanding some of the topics and exercises covered. This book is a comprehensive guide that I highly recommend to all mothers and mothers to be for better health, fitness and well-being.

I bought this for my partner as the amount of time it took for her to back to her usual shape really bothered her after our first son was born. The book is excellent and provided a lot of exercises and information on what to do before giving birth to make things easier afterwards. Unlike a lot of the others she was reading this one is not full of impossible exercise routines and eat basically nothing diets. Overall a great book for anyone who is looking to get back to their usual size after giving birth. We recommend picking it up while you are still pregnant as there is plenty inside that you can do

before giving birth that will make life much easier after.

Since my husband and I are thinking about starting a family, I wondered what exercises I could do while pregnant and postpartum. Not only did the Baby Bod book have exercise guidelines, but it also had instructions for self-care. I also liked the worksheets and exercise charts. Plus, I never really thought about posture or alignment and how important it can be to good health. I liked the common sense advice of steering clear of the scale since I tend to obsess about numbers when that's not always a good way to track health, especially after giving birth.

The number one bestseller on what happens to a woman's body during pregnancy and the effect it has on her body after giving birth. Ryan's exercise regime will keep a woman's body in the best shape possible before and after pregnancy and she also gives advice from birthing techniques to the best equipment for baby.

I am beyond impressed with this book. As a mother I know the mental anguish and even pressure from people expecting new moms to be "body beautiful" in a certain amount of time. Reality check people, is just does not happen to all women. Not only did you push a watermelon out of a needle eye, but your whole life changes. I would not trade the joys of my pregnancy, birth or taking care of my amazing son, for anything. This book gave such wonderful tips, advice and exercises for all stages. It also focus's on doing them safely. It is laid out in a great way and really easy to follow and understand. The worksheets, illustrations, references are outstanding and very helpful. The clear dedication of Dr. Marianne Ryan is refreshing, inspiring and motivating. She put a lot of effort, time and heart into this book and for me it was a god send. I recommend it highly, to all moms and women wanting to have the body they need and desire. Well done Marianne and Thank You so much!

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