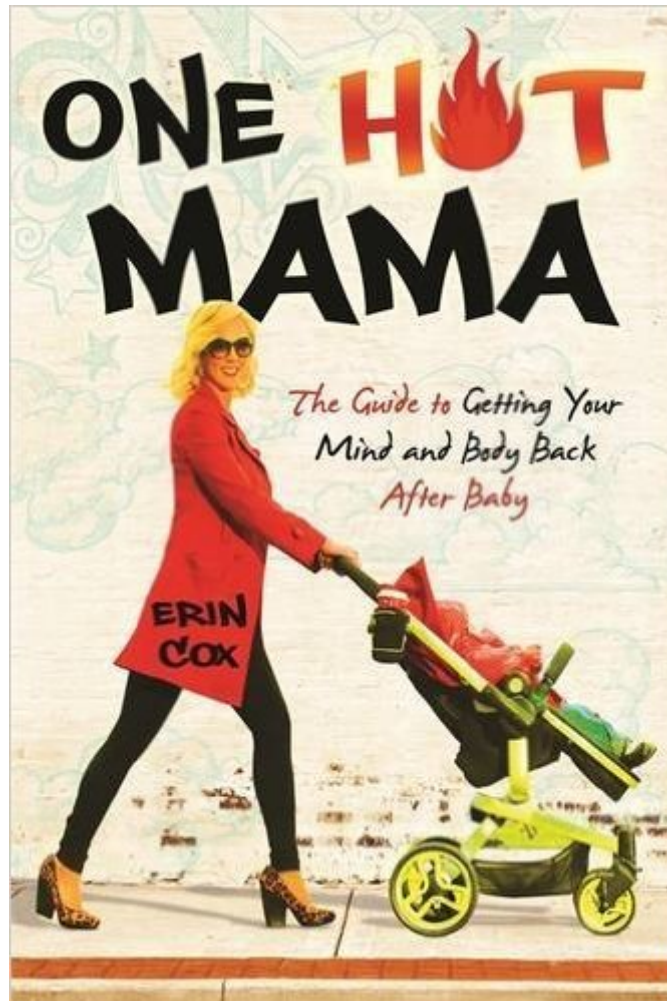


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# One Hot Mama: The Guide To Getting Your Mind And Body Back After Baby



## Synopsis

After giving birth, even the most confident, fit, and spiritually centered women can feel depressed, overwhelmed by the responsibilities of motherhood, and disheartened by their plump postpartum bodies. Erin Cox knows exactly how they feel. She wrote *One Hot Mama* as a comprehensive guide to support, nurture, and steer women through a fun and completely doable process to lose unwanted pregnancy pounds and create an exceptional life. Erin understands that weight loss is an emotional process, and new mothers need to feel empowered and supported to make healthy lifestyle changes. New moms don't have the time or energy to count calories, but rather need guidelines and easy-to-implement suggestions on how to improve their diet and exercise routines. Using a realistic approach that has proven to be effective, mothers will be encouraged to make positive life changes that will encourage weight loss, positive thinking, and self-love. Women who read this book will not only feel empowered and invigorated to get their bodies back in shape, but the positive changes will impact every single aspect of life—allowing them to live a joyous and fulfilled life as a woman and mother, even emerging happier and healthier than before getting pregnant!

## Book Information

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## Customer Reviews

After reading this book in preparation for a review on it in a local magazine, I was impressed by how honest and REAL Erin's thoughts and insights were. As a mother of 2 myself, I could definitely identify with many of the points that she makes. Often, I found myself nodding in agreement and murmuring, "I remember what that felt like." I would recommend this book not only to new mothers,

but also to mothers in general. Whether you are expecting #1 or #10, this book applies to everyone. My youngest is 7, and I can still remember when she was a baby like it was yesterday. It is such a relief to know there is a mom out there that knows what I went through, and isn't afraid to extend a helping hand to other mothers. I wish I had this book when I was expecting, I believe this would have made my transitions into motherhood a lot easier. This is definitely a must-have for any baby shower gift, but is also a great tool for mothers and grandmothers raising children of all ages. Thank you, Erin, for being so honest and forth right with us other moms and sharing your struggles and your tips on how to overcome!

When I first ordered this book it was right when my first son was only weeks old so needless to say when it arrived, it went into a drawer very quickly - solely due to the fact it's over an inch thick. HA! At some point I did pick it up again but not too many times. It's a little too wordy for me. I'm certain this book could be helpful for other mothers looking for some nutrition & exercise guidance but it just wasn't for me. I think moms today are looking for inspiration & support but it's gotta be more condensed and quick for it to work in our busy schedules. Erin has done some great work though in inspiring women so don't discount her ... be sure to check out her website for more!

In a word this book is BRILLIANT and just the thing I wish I had had by my side when I gave birth to my twin daughters seven years ago. Although it is rarely discussed openly, having a baby really is like ordering up a MAJOR life-redesign. And for most new moms this major life readjustment comes with no manual at all - let alone one that is both comprehensive and inspiringly doable! This is what Erin Cox has developed with ONE HOT MAMA: The Guide to Getting Your Mind and Body Back After Baby. The book is well-designed to take the reader through a series of 12 chapters that include everything a new mom needs to complete this essential life re-design over a 3 month period. What I found so refreshing was that each chapter is comprehensive, jammed-packed with helpful well-researched resources, suggestions, and innovative solutions for the most common new mother challenges. But because it is broken down with a chapter per week timeline in mind - each and every recommended step feels completely doable and energizing. And this guide goes far beyond the typically covered topics like nutrition, rest, exercise, and self-care (although these are indeed beautifully explored with tons of resources and tips). She also takes a powerful look at topics such as money, empowered relationships, redefining success, leveraging your creativity, the role of Soul, and the Power of Motherhood. She explores how each of these additional topics are instrumental to creating a comprehensive, fulfilling and sustainable life design plan after baby/babies. And perhaps

the best part for me is that this guide is useful long after the baby years - all of the suggestions and resources (especially the exercise demos and schedules) are highly relevant for all women. I am using all of the recommended resources now and my "babies" are now 7 years old. ONE HOT MAMA has become my new favorite Baby Shower Gift!

I think she delves a bit too much into spirituality, and that's not what I was looking for at all. The exercise and nutrition info is helpful, so that part isn't a waste. All in all, I don't regret buying it.

I ordered this book online- Who can resist the title and book cover? Wonderful! I was surprised how thick the book was when I received it in the mail. The book is full of useful information from a mom who is living out her own advice. Moms can follow her own journey post baby on her website as she writes and v-blogs about applying the book to her life. The book was written in a kind, loving and humorous manner- which makes it a book you just do not want to put down. I had my babies years ago and I still really enjoy reading the book. If you are looking for some excellent advice and encouragement from a wise woman, get or give this book! I will certainly recommend it to my clients. Sandi McClanahan[...]

One Hot Mama is honest and beautifully written. Cox writes from the heart about issues that matter most to her and other Hot Mama's trying to adjust to the out of body (and mind) experience that is motherhood! The book hits home for mommy's-to-be, mommy's who are, and mommy's who have been. Cox reminds us to hold on to those special things that make us the unique and fabulous women we are before becoming a mother, and embrace the changes (good, bad, and sometimes ugly) that come with the greatest joy on earth- motherhood!

Erin Cox honestly portrays the inner landscape of a woman's heart and mind as she transitions into motherhood through this thoughtful book One Hot Mama. The fears, conflicts, identity issues, and concerns with changing goals are all covered in this in depth book supporting and opening conversations for new moms. Tips on dieting, getting your body back, and recapturing romance are useful for new moms who will be learning how to prioritize, set new boundaries, and discover and create their new identity and role.

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