

## Secrets of the Super Mom, Part II: How to Be a Super Mom Without Losing Your Super Self! (Paperback)



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## SECRETS OF THE SUPER MOM, PART II: HOW TO BE A SUPER MOM WITHOUT LOSING YOUR SUPER SELF! (PAPERBACK)




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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Secrets of the Super Mom is the definitive pediatrician-approved award-winning guidebook for moms, created from real-life, in-the-trenches supermom experience. And now, Part II is all about moms and for moms, and about the different roles we play as mothers and how to navigate them all successfully. In Part II, you ll learn how to make the smart personal choices in finance, nutrition, fitness and fashion that will honor you as an individual. It includes: \* The Busy Mom s Guide to melting off that baby fat in just a few months after delivery. The exact plan I used to quickly drop 12 body fat in just 4 months without starving or long workouts at the gym. \* Exclusive Fashion Insider Guidance on ditching the sweatpants and revitalizing your health, strength and beauty so you feel empowered, and yes, even sexy, no matter what Motherhood throws at you. \* The easy way to boost your metabolism and burn away fat. Follow this 1 simple rule and you ll watch the fat melt away without ever going hungry. \* Is your mind pulled in too many directions at once? Recite this simple 9-word sentence to immediately plant yourself firmly in the moment, so you ll savor those precious moments with your child. \* The 6 quick questions to ask a new babysitter. Have these by your side when you call up your friend s responsible daughter or that friendly girl down the street. And more! Christina Moreland, Super Mom of two boys, felt a strong calling to write this book series after a revelation at dinner with her then three-year-old son, who refused to eat. I realized in that moment how many times...

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