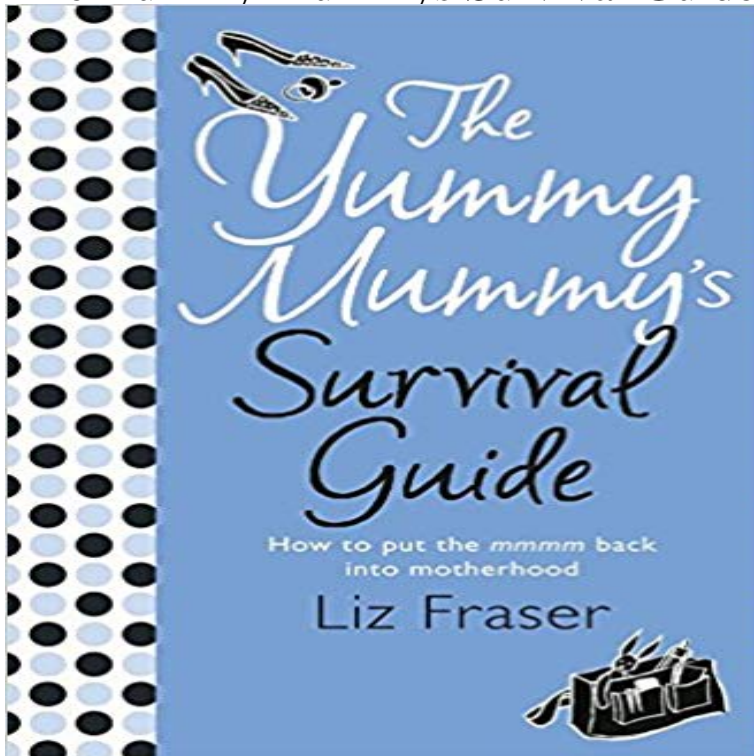


## The Yummy Mummies Survival Guide



Becoming a mother is as challenging as ever. Help is at hand, with this indispensable guide to surviving the biggest transition of your life. Liz Fraser is a (mostly) stylish mother of three young children, and offers a much-needed, fresh look at what happens to us, our relationships and our wardrobes when we take the plunge and fill our tidy homes with Lego. Hilarious, honest and poignant, Liz uses her experiences of motherhood to help you through pregnancy and the first year with your baby, making the whole event seem manageable even desirable. This indispensable guide is the stylist, personal trainer, box of anti-depressants, bar of chocolate and best friend which every woman can carry around in her handbag. Because becoming a mother doesn't mean you stop wanting to look and feel fabulous it just becomes a little trickier!

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