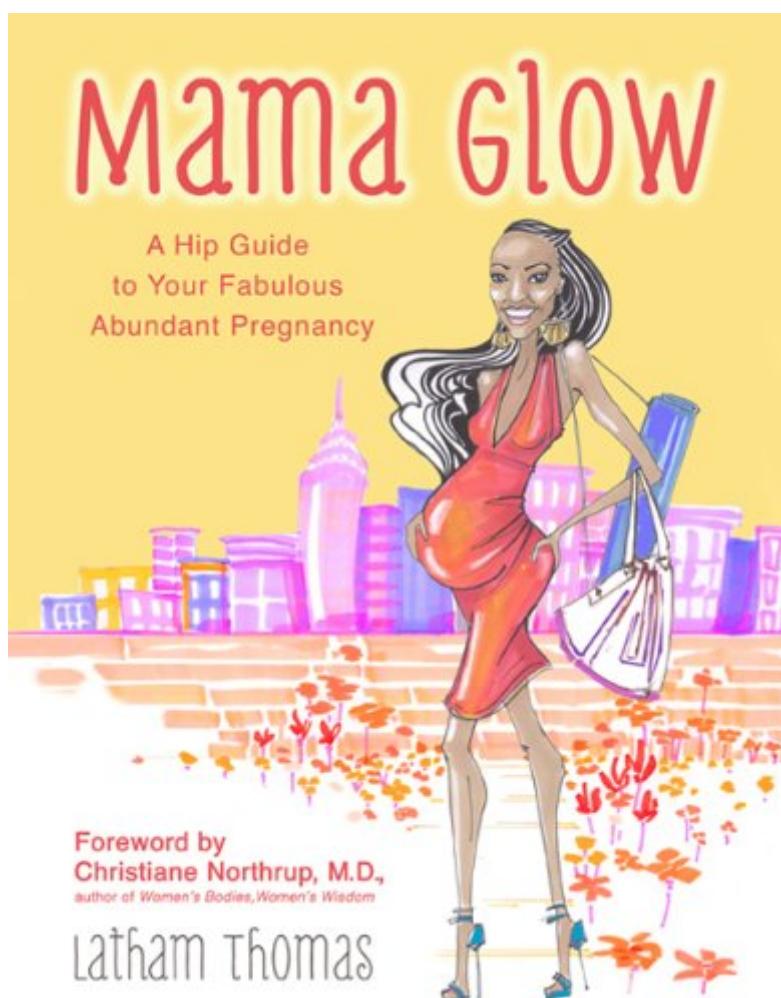


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# Mama Glow: A Hip Lifestyle Guide To Your Fabulous Abundant Pregnancy



## Synopsis

In Mama Glow, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your bun. Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes: Illustrated exercises for a fit, fabulous, and comfortable pregnancy Fleshed-out cleansing programs to boost fertility A simple formula for deconstructing those crazy cravings Yoga sequences designed for prepregnancy, each trimester, and postpartum Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag Glow foods to help you snap back to your fab prebaby body As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

## Book Information

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## Customer Reviews

I loved the tone in this book! It meets a mother where she is and gives the tools to help her glow through pregnancy into motherhood. I just delivered my baby girl and I use parts of the book as reference. It's too awesome for words really!

Pregnancy tends to be the time in a woman's life when she is most healthy because she becomes more aware of the food she eats, the exercise she gets and the state of mind she keeps. This book is a great guide on balancing these 3 key areas. Latham also offers some fantastic recipes which help us rethink our food choices for the better! A must have for a pregnant mama or one interested in keeping the mama glow we don't want to lose after pregnancy! Sharen Medrano, Lactation Consultant(...)nycbreastfeeding.com

Compared to other pregnancy books out there, this one is so much more empowering & positive. It doesn't scare you out of having a baby, it makes you want to treat your body with respect & admiration, and really makes you get into the right mindset. Preparing your body & mind to really embrace your pregnancy with as much energy & love as possible.

Educational and insightful! Great read for first time mothers! Easy to understand and very uplifting before, during, and after pregnancy!

This book is a delight! Latham is a font of knowledge regarding pregnancy and women's lifestyle in general, so it's wonderful to be able to give her wisdom as a gift in book form to expectant friends. Since discovering my own pregnancy I have reread the book again and again, going back over nutrient guidelines and recipes as I read. A great guide all around!

Great info! I recommend purchasing before you are pregnant. I didn't get it until the end of my first trimester, and I wish I had it sooner!

I met Latham Thomas at an event in New York and bought her book after hearing her speak. She

comes at pregnancy with such a logical, natural, positive approach that I was excited to go through each chapter at a time and soak it all in. I read the book a little ahead of where I was in my pregnancy to prepare for what was to come. My attempt at some of the recipes was successful and most of the health advice is information I've continued to refer back to even after my baby was born. I felt better being pregnant than I did before I was pregnant! Never experienced morning sickness and any other "issues" I had were dealt with naturally, for the most part, and very effectively. It was such a great feeling knowing I was taking active steps to bettering myself everyday and seeing results. My only complaint is that it can read quite corny, but I just overlooked that part and paid attention to the information being given. If there were any sections that didn't pertain to me as much, I just skimmed over them and went on the next chapter. I'm a huge reader and researcher, but I've found many popular books a bit outdated with modern discoveries and the approaches they often offer come from an unnatural angle, which is odd to me. This is the book I give to anyone pregnant for the first time who is looking to embrace their pregnancy experience and cause as little harm to their baby as possible. So many bits of advice (especially that from many doctors) can cause harm to the fetus. I wanted to protect our little one by any means I could and this book helped direct me in many ways. Everyone has to make the best decisions for themselves, but this book provides some great health tips for any woman.

Bought this as a gift for my pregnant daughter. It was a quick read and she loved it.

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