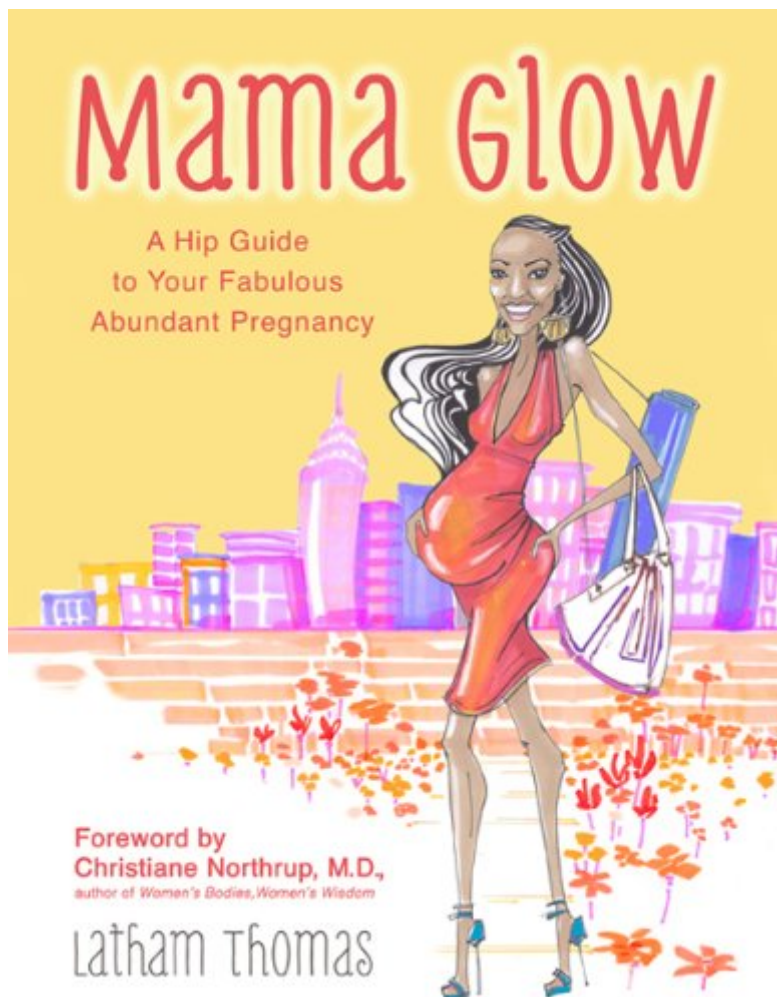




The book was found

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 babe. • *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

File Size: 1596 KB

Print Length: 360 pages

Publisher: Hay House; 1 edition (November 6, 2012)

Publication Date: November 6, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008FQGNF2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #661,557 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #95

in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #596 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health > Pregnancy & Childbirth #1700 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

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.

[Download to continue reading...](#)

Mama Glow: A Hip Lifestyle Guide to Your Fabulous Abundant Pregnancy
Mama Glow: A Hip Guide to Your Fabulous Abundant Pregnancy
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)
Tight Hip Flexors: The 7 Minute Tight Hip Solution: Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises)
Yo Mama Jokes Encyclopedia -The Worlds Funniest Yo Mama Jokes: Yo Mama Jokes, Jokes and Riddles, Humor, Jokes For Kids, Comedy, Best Yo Mama Jokes
Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners)
MAMA: a TRUE story, in which a BABY HIPPO loses his MAMA during a TSUNAMI, but finds a new home, and a new MAMA
The Hip Mama Survival Guide: Advice from the Trenches on Pregnancy, Childbirth, Cool Names, Clueless Doctors, Potty Training, and Toddler Avengers
The Everything Vegan Pregnancy Book: All you need to know for a healthy pregnancy that fits your lifestyle

(Everything Series) Hip Hop Rhyming Dictionary: The Extensive Hip Hop & Rap Rhyming Dictionary for Rappers, Mcs,Poets,Slam Artist and lyricists: Hip Hop & Rap Rhyming Dictionary And General Rhyming Dictionary Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Hip Hop: A Short History (Hip Hop) (Hip Hop (Mason Crest Paperback)) 151+ Funny Yo Momma Jokes: The Funniest Yo Mama Jokes / Your Mama Jokes Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy Your Pregnancy Week by Week, 8th Edition (Your Pregnancy Series) Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Yo Mama Jokes from All Around the Block: Just Like Yo Mama, Fool!, Volume 1 The Hoosier Mama Book of Pie: Recipes, Techniques, and Wisdom from the Hoosier Mama Pie Company Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)