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The Yummy Mummy s Survival Guide (Paperback)

By Liz Fraser

HarperCollins Publishers, United Kingdom, 2007. Paperback. Condition: New. Language: English . Brand New Book. Forget the frump. Wave goodbye to those leggings - there s a new breed of mothers on the baby block. Yummy Mummies don t leave their sense of style in the maternity ward - the loving hands that rock today s cradles are manicured and moisturised. Becoming a mother, however Yummy, is still as challenging as it ever was. RELAX: help is at hand, with this no-holds-barred 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. Along with stylish, practical advice and searingly frank entries from Liz s diaries, other new mums have their say, including well-known Yummy Mummies such as Jemima French and Tamara Mellon. This indispensable guide is the stylist, personal trainer, box of...

Reviews

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