



# BODY BACK

The mother's handbook to medical,  
physical and emotional well-being

Helping you feel like  
a woman again

H E A T H E R   P O R T E R

Heather Porter

Body Back



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Whether you had your child yesterday or 30 years back, you have had to change dramatically to handle the stresses and strains of modern motherhood, on your body, your mental wellness, as well as your relationships. She information her exercises, diet plan, beauty tips, dress sense, and often hilarious experiences with contributions from her group of experts. Mom of four, Heather Porter, shares her hands-on connection with getting the old self back.



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