

# Motherhood Is a ~~Beach!~~ B#tch!

10 Steps to Regaining Your  
Sanity, Sexiness, and Inner Diva

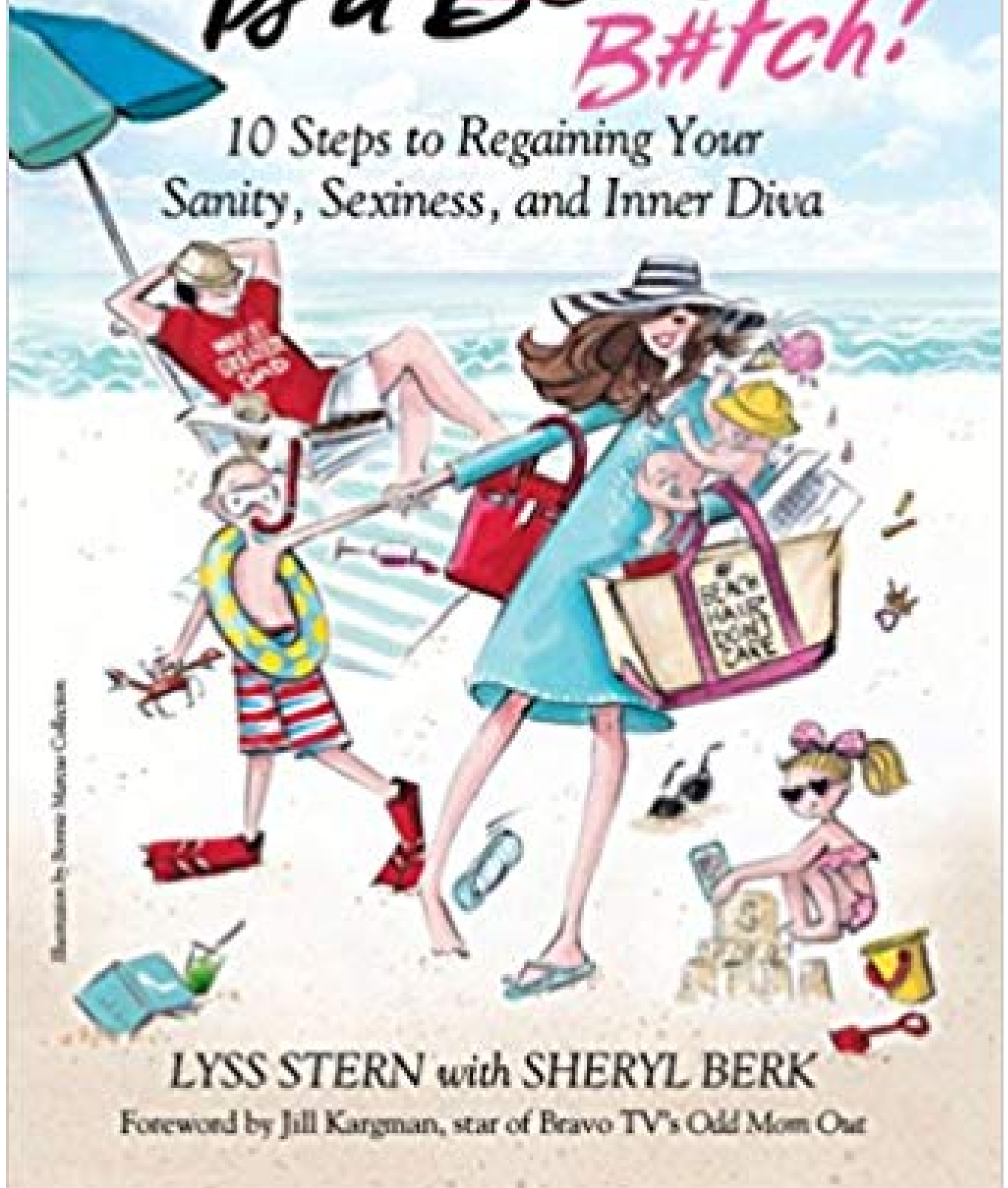


Illustration by Bernini Marcus Collection

LYSS STERN with SHERYL BERK

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Lyss Stern

# Motherhood Is a B#tch: 10 Steps to Regaining Your Sanity, Sexiness, and Inner Diva



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Now, each and every time you look in the mirror you ask yourself, “Who the hell is that exhausted, washed out woman looking back at me?ve had a youngster or two . And, honey, it’s time to reclaim your pre-baby body, mind, and mojo. Forget about sulking, stressing, or resenting additional moms who have it more collectively than you and wanting to know how they perform it. Motherhood can be a B#tch! lets you know how YOU can do it. This instruction tells it like it is and clarifies how women lose their sense of self once they have children and why it’ll be happier, healthier, and hotter than ever before. Motherhood is certainly a B#tch! tackles the toughest issues facing mothers today and empowers you to regain your once fierce and fab self. Motherhood is definitely a B#tch!s so important to reclaim it. Ultimately, you’s written for the consumed with stress working mom and the harried stay-at-home mom, who have sacrificed their lives, professions, bodies, and sanity to be moms.s bible for dealing with the day-to-day chaos with design and grace. It’s the modern mother’ What occurred to the trendy, stiletto-wearing woman who prided herself on living the fabulous life?s time and energy to take everything back!



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