



The Mommy Makeover

RESTORING
your body after childbirth



MICHAEL R. BURGDORF, MD, MPH

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The Mommy Makeover: Restoring Your Body After Childbirth



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This book is packed with everything you need to learn before and after your surgery. The Mommy Makeover showed me that the street to restoring my own body isn't nearly as hard as I once thought. It's all laid out in a simple strategy and all I must do is follow it. Mike answered all my questions and put both my center and mind relaxed. I adored that I can utilize this publication as a source for my Mommy Makeover choices in addition to a guide for before and after care/choices. Dr. Couldn't become any easier! Must Read! This reserve is loaded with info on how the body and brain react after giving birth and what to expect. If you've been contemplating a Mommy Makeover but aren't sure where to begin, you'll find his book to be extremely helpful. She loved it. Scanning this book helped me tremendously! Reading the Mommy Makeover prior to having my surgery helped myself tremendously! This book gave me perspective and helped me to see my self worth without feeling guilty about doing something for myself. That is a must for anybody considering any plastic surgery. Burgdorf was extremely attentive and actually cared about making sure I was pleased with my new look. This is a must read for all women taking into consideration restoring their bodies after birth. B. Langston Super insightful and essential read before surgery! Everything I actually needed! Extremely informative! The doubts, the worries, the pleasure...it's a whirlwind of emotions and I'm so thankful that Dr. Burgdorf was able to help me plan that aspect of everything and know that it was actual regular to be experiencing everything! Dr. He's truly a compassionate doctor who would like to the best for his patients/readers! Answered all my concerns. This book is quite informative for women who are considering any type of cosmetic surgery. I gave it to my sister and some friends on the Holiday's. They have been coping with insecurities about their bodies since giving birth. My sister especially includes a lot of unanswered queries about if medical procedures is right for her, what would she say to her husband, family and friends. Dr. I highly recommend, essential read! I highly recommend you read his publication and meet with him in person in case you are contemplating any type of plastic surgery. I think the part that helped me probably the most was the emotional roller coaster to expect before and after medical procedures. My mom have been struggling with the idea of having a cosmetic surgery for years after my brothers and We were born. Questioning whether it could be secure, which surgeries were available, and deciding which surgeon to trust with her body etc.. She actually is now very satisfied with the outcome that book was so helpful with achieving! After reading the mommy makeover, my mom managed find out essential information she wanted to know before going under the knife. This publication helped my mother gain knowledge about the process and strengthened her decision producing during the whole duration of her process.. I recommend this publication to whoever has just given birth I recommend this publication to whoever has just given birth. I love the way this book is written. Burgdorf addresses all this and more in his book.! Burgdorf is incredibly kindhearted and goes above and beyond in every that he does; I have gone to Dr. . Highly recommended! and how to get over your makeover beautifully. Dr.!. It provided me all the answers, even queries I hadn't thought about. He's considered everything and walks readers through how to take the first rung on the ladder, what to expect, and how to get over your makeover beautifully. This is an incredible book that once given to one person, seems to be re-gifted again and again, helping all those on the way.. this reserve is no exception! certainly are a mom will not mean you can't be beautiful! I have attended Dr Just because you are a mom does not mean you can't be beautiful! Two thumbs up! Burgdorf for a number of procedures and have been amazed. I think every mom deserves a makeover!! There's lots of information and making the decision has right now become much easier! I gave this reserve to my child for Christmas. She loved it.



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