

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

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

Illustration by Bonnie Marcus Collection



LYSS STERN with SHERYL BERK

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



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s bible for coping with the day-to-time chaos with style and grace.ve had a youngster or two . . or three. Now, every time you look in the mirror you consider, &#147;s time and energy to reclaim your pre-baby body, mind, and mojo." Forget about sulking, stressing, or resenting other moms who have it more together than you and questioning how they perform it. It'Who the hell is that tired, washed out woman looking back again at me? What occurred to the stylish, stiletto-wearing female who prided herself on living the fantastic life? Motherhood is normally a B#tch!s written for the consumed with stress working mother and the harried stay-at-home mom, who've sacrificed their lives, professions, bodies, and sanity to become mothers.This guide tells it enjoy it is and explains how women lose their sense of self once they have children and why it's so vital that you reclaim it. Motherhood is normally a B#tch! tackles the toughest problems facing moms today and empowers you to regain your once fierce and fab personal. It'll be happier, healthier, and hotter than ever.Motherhood is a B#tch! may be the modern mom'You' In the end, you' tells you ways to perform it.s time and energy to take it all back again! And, honey, it'



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