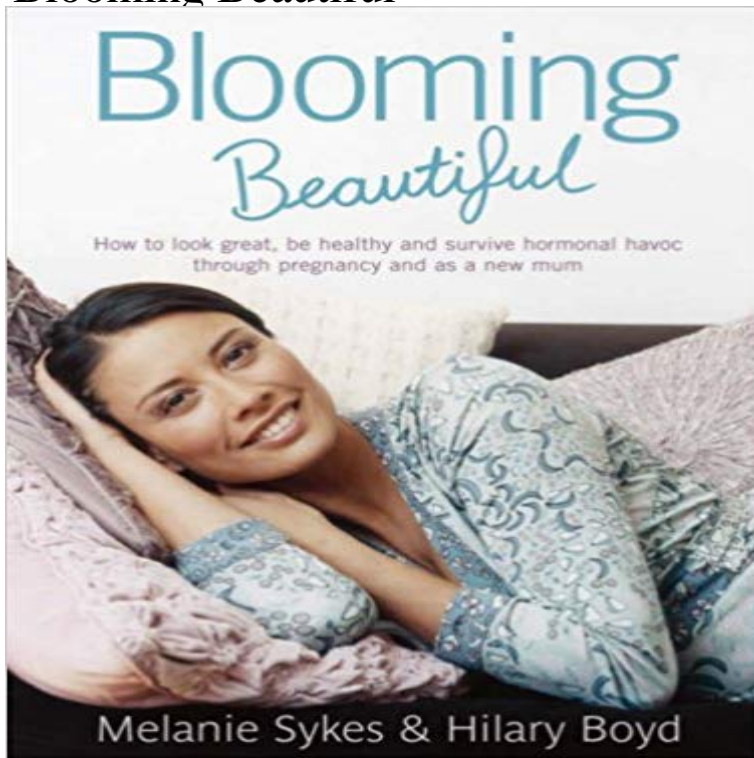


## Blooming Beautiful



I feel blessed that I have been able to bear children, but Ill be honest with you: Im no earth mother. I did not spend my pregnancy pottering about in a kaftan with an ecstatic expression on my face. I suffer from terrible morning (noon and night) sickness, I get acne, I get quite depressed, and rather large. I wouldve killed for a book that gave me, the mum, some survival strategies for looking and feeling good about myself during pregnancy and in the first few weeks of being a mother, but I found they were all about my and the babys health. So I had to work out my own plan to feel happy, healthy and gorgeous. And here it is! - Mel Sykes. Blooming Beautiful is divided into two sections, Big and Beautiful and Yummy Mummies. In each part Melanie and Hilary give fantastic advice on looking good, fitness and vitality, healthy eating and understanding emotions. Interweaved with Melanies sometimes hilarious, sometimes incredibly touching observations from her own pregnancy, this is the guide mums-to-be have all been hoping for. From simply finding the right bra, to changing your shampoo, to being prepared for the whirlwind of hormone-induced emotions, Blooming Beautiful is packed with all the information Miriam missed out!

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