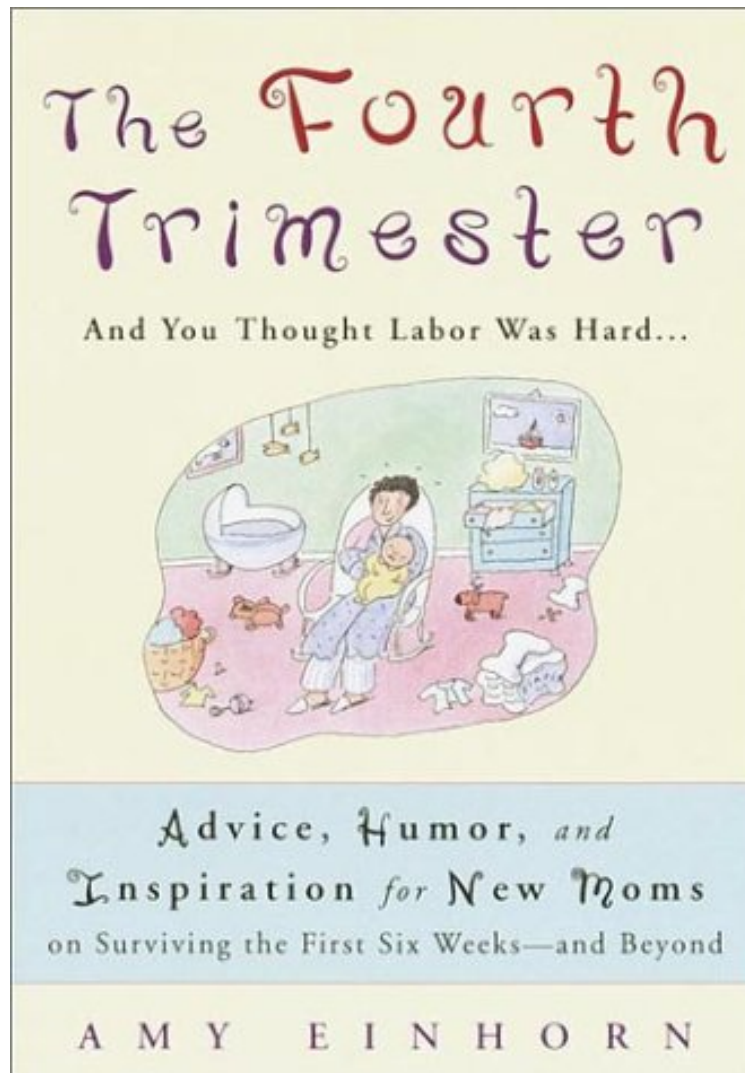


[Ebook free] The Fourth Trimester: And You Thought Labor Was Hard...

The Fourth Trimester: And You Thought Labor Was Hard...

Amy Einhorn

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Amy Einhorn : The Fourth Trimester: And You Thought Labor Was Hard... before purchasing it in order to gage whether or not it would be worth my time, and all praised The Fourth Trimester: And You Thought Labor Was Hard...:

0 of 0 people found the following review helpful. Loved it!By Erika K.Every woman should read this book! Normalized what you go through in the 4th trimester!0 of 0 people found the following review helpful. GREAT, warm, funny, realistic must-readBy CindyA must-read for ALL new moms! It's hilarious and so, so true. It helps new moms realize that they are not alone with all the mixed feelings they have with this new little person in their lives. I gift it to all the ones I know.0 of 0 people found the following review helpful. Entertaining and uplifting but also

informative. By S. Babbe Certainly an uplifting book for those hard times. I had borrowed it from our local library during my fourth trimester and read it little by little during the wee hours of night breastfeeding sessions with my baby. Now, I buy it for every friend of mine who becomes a new mother. I highly recommend it. You will appreciate it if you approach babies with a certain sense of good humor. Enjoy.

The thank-you note real moms in the Fourth Trimester would like to send: Dear _____: Thanks for sending us _____. I'm sure _____ will love it as soon as _____ can do anything besides eat, sleep, cry, and run up the stock price on Pampers. Having recently entered the Fourth Trimester, right now my goals in life are to sleep more than three hours and shower before 7:00 p.m. So please excuse this impersonal note. I'd love for you to come over and see _____. But no helpful hints, no critiquing of the fact that I (1) breast-feed without a cover-up; (2) do not breast-feed and use formula; (3) allow my child to use a pacifier; (4) use a Swyngo-matic to hypnotize my child into a state eerily similar to an Ecstasy trip. Do not tell me that _____ looks cute. I know that _____ looks like a cross between E.T. and Yoda. And no comments about my figure. I am not Cindy Crawford and, yes, those are maternity clothes I'm still wearing. Bring rain gear and you'll be well prepared for the nonstop torrent of liquid escaping from _____ and me. Can't wait to see you -- of course, these days I'm even looking forward to having my mom and mother-in-law visit. I'll take whatever adult company I can get. Love and kisses from me and the pumpkin!

From Publishers Weekly Coining a brand-new phrase, New York City book editor Amy Einhorn offers new moms advice for surviving their baby's first six weeks in *The Fourth Trimester: And You Thought Labor Was Hard... Advice, Humor and Inspiration for New Moms on Surviving the First Six Weeks and Beyond*. Her earthy wit is a refreshing change from the usual earnestness of child-rearing books. She's got plenty of tips on infant care yes, moms do have to take a baby's temperature rectally but also knows the mother has to take care of herself: "Baby Gap credit works at the adult Gap, and you're going to need some in-between clothes to wear before you can fit into your old clothes." On women who are still thin after childbirth, Einhorn is reassuring: "Those people are mutations. They are not normal." On having sex six weeks after giving birth, as recommended by most doctors: "If you wait until you have enough energy, you're going to be a grandmother." Agent, Victoria Sanders. Copyright 2001 Cahners Business Information, Inc. From the Inside Flap The thank-you note real moms in the Fourth Trimester would like to send: Dear _____: Thanks for sending us _____. I'm sure _____ will love it as soon as _____ can do anything besides eat, sleep, cry, and run up the stock price on Pampers. Having recently entered the Fourth Trimester, right now my goals in life are to sleep more than three hours and shower before 7:00 p.m. So please excuse this impersonal note. I'd love for you to come over and see _____. But no helpful hints, no critiquing of the fact that I (1) breast-feed without a cover-up; (2) do not breast-feed and use formula; (3) allow my child to use a pacifier; (4) use a Swyngo-matic to hypnotize my child into a state eerily similar to an Ecstasy trip. Do not tell me that _____ looks cute. I know that _____ looks like a cross between E.T. and Yoda. And no comments about my figure. I am not Cindy Crawford and, yes, those are maternity clothes I'm still wearing. Bring rain gear and you'll be well prepared for the nonstop torrent of liquid escaping from _____ and me. Can't wait to see you -- of course, these days I'm even looking forward to having my mom and mother-in-law visit. I'll take whatever adult company I can get. Love and kisses from me and the pumpkin! About the Author AMY EINHORN is a book editor in New York City.