



Whoa, Baby!: A Guide for New Moms Who Feel Overwhelmed and Freaked Out (and Wonder What the #*\$& Just Happened)

Kelly Rowland, Tristan Bickman M.D., Laura Moser

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When vocalist and actress Kelly Rowland, whose albums have sold millions of copies worldwide, gave birth to her son, it was love at first sight. But she was also a little freaked out about what had happened to her body and the overwhelming new thoughts and emotions. In *Whoa Baby!*, Rowland and her ob-gyn Dr. Tristan Emily Bickman team up to cover everything a first-time mom needs to know: the gross physical stuff, the hormonal and emotional stuff, and the just plain weird stuff. *Whoa, Baby!* is often hilarious and always honest and down-to-earth. Readers will empathize with the candid unglamorous experiences of parenting. From falling asleep with the pump on to swollen legs and lack of sleep, Rowland and Dr. Bickman cover every surprising challenge that new moms face.



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