



# The Girlfriends' Guide to Surviving the First Year of Motherhood

*Vicki Iovine*

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When it comes to your new baby, everyone from Dr. Spock to Dr. Brazleton has an armful of advice. But no one's delivering any tips on how you can care for yourself. Now, four-time delivery room veteran Vicki Iovine answers your questions, calms your fears, and cracks you up as only a girlfriend can, with straight advice and hilarious observations on...

**"Baby euphoria"**: Is it a mind-altering drug?

**"Husband? What Husband?"**: Taking care of the big baby, as well as the little baby

**"I Want My Old Body Back!"**: What you can fix and what you can't

**"The Droning Phenomenon"**: The inability to discuss anything but your baby for more than thirty seconds

**"Do I Have to Become Carol Brady?"**: Conquering your fear of being a less-than-perfect mother

**"Competitive Mothering"**: Coping with know-it-alls, finger-pointers, and others who try to "Out-Mom" you

NOTE: Pausing to read this book may be the only selfish thing you do all year, since you'll have time for nothing else!

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