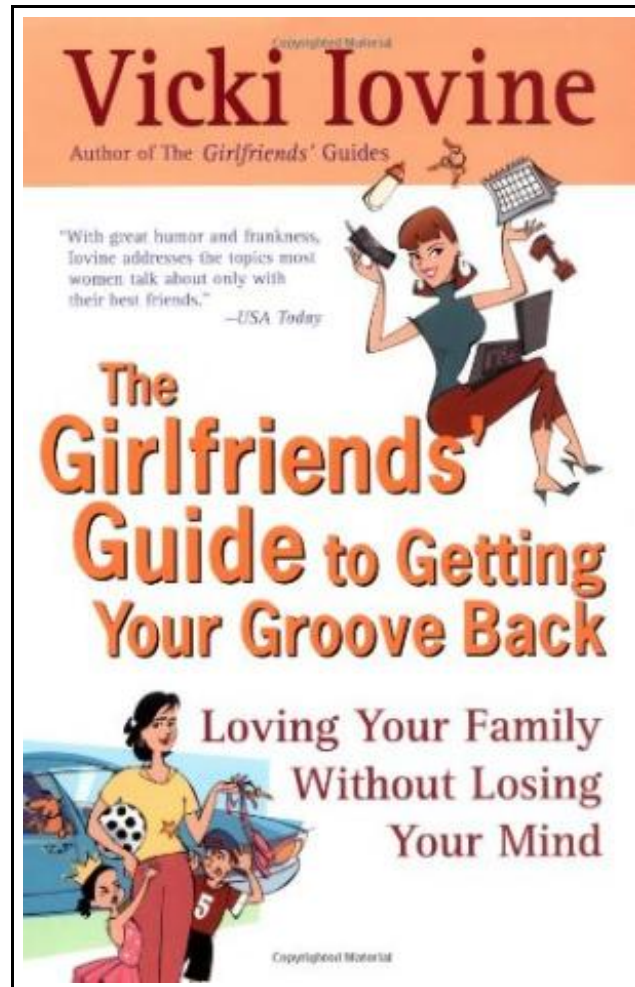


## The Girlfriend s Guide to Getting Your Groove Back: Loving Your Family without Losing Your Mind



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Penguin Putnam Inc, United States, 2001. Paperback. Book Condition: New. 234 x 152 mm. Language: English . Brand New Book. Bust out of that mommy rut and get into the groove! When a mother finally emerges from the mommy mole tunnel of pregnancy, breastfeeding, potty-training and preschool, she comes to the inevitable realization: The road to maternity is a one-way street. No U-turns allowed. You ve survived the battles of baby- and toddler-hood, playdates and temper tantrums to time-outs. And just when it seems your former life is within reach taking up neglected jobs and hobbies, committing to a fitness program, rediscovering the boyfriend living in the body of your husband you crash headfirst into the wall of reality. The kids may be able to fasten their own seatbelts and pour their own cereal, but the homework, tucking in, car pools, and birthday parties have just begun. Let Vicki Iovine, author of *The Girlfriends Guides*, show you how to navigate the twists and turns of family life and find time for your kids, your spouse, your home, your work, and yourself. You re not alone in this mommy adolescence. In *The Girlfriends Guide to Getting Your Groove Back*, Iovine provides her trademark sage, witty advice on: - How to focus at work when things at home are in chaos and vice versa - Making time for yourself and not the PTA - Getting over the romantic myth of date nights and weekends away from the kids - Homework help your transformation into a human flashcard - The dinnertime crush and how to relieve frozen pizza fatigue Iovine puts the perils of perpetual parenthood into perspective. You ll feel like you do after a long chat with a good friend relaxed, refreshed, and ready to reclaim your life.

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