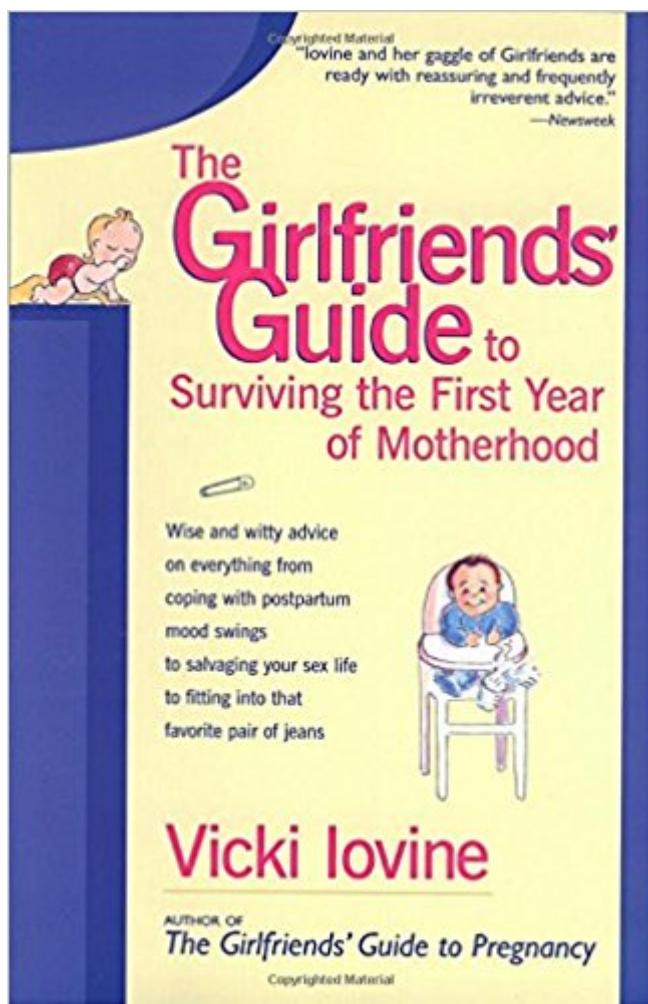


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# The Girlfriends' Guide To Surviving The First Year Of Motherhood



## Synopsis

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

## Book Information

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## Customer Reviews

Just had a baby? Lie down, rest your weary womb, and muster up a rousing cheer! (Shh! Don't wake the baby!) Now, from the author of The Girlfriend's Guide to Pregnancy, comes the book all new moms have been waiting for, whether they know it or not. Vicki Iovine talks turkey ... and stitches, and weight loss, and depression, and sex (trying it for the first time after labor and delivery? "Inebriate and Lubricate"). Vicki--yeah, I know I'm calling her by her first name but after reading this book you'll be on a first-name basis with her, too--is funny, informative, and utterly (udderly?) irreverent. New mothers have never had it so good.

Irvine follows up her successful *The Girlfriends' Guide to Pregnancy* (Pocket, 1995) with this breezy, irreverent guide to the first year of motherhood. She covers everything from labor (when you feel "like you've swallowed a bucking bronco") to "poo-poo that smells like roses" to nursing, sleeping (or not), postpartum depression, and more. The idea here is to provide insider information (girlfriends share and share alike, right?), but the tone is more often flippant than confidential. There's not much new material that is not already found in classics like Arlene Eisenberg's *What To Expect the First Year* (Workman, 1988), and nervous first-timers may not respond well to Irvine's approach. Not a priority purchase.  
Barbara Hoffert, "Library Journal" Copyright 1997 Reed Business Information, Inc.

I read *The Girlfriends Guide to Pregnancy* and absolutely loved it. The witty humor, the honesty and the information were all amazing. Because of how much I enjoyed it I decided to try *Guide to Surviving the First Year*. The only thing I can think of to explain the difference in the two is that the author loved being pregnant and hated the first year of babies life. In the first book Vicki is witty and actually made me laugh out loud on many occasions while reading her book. Her second book I found a sort of dark humor that maybe only another woman who just competed her first year could understand. And even that woman would have to be a little unhappy with her experience of that first year. There were so many gruesome parts that I started taking notes. At my baby shower I asked my girlfriends, who are very honest women and mom's all, about their experiences in these areas. Did it really take 6 months till you were ready to have sex again? Did it really hurt that bad the first time you went back to it? Were you really in that much pain after labor (non c-section birth) and that swollen? Was your first bowel movement really that bad? Did you really miss that much sleep the first year? Were you really like a zombie? It was almost unanimous with my girlfriends on all questions, no she is really exaggerating... Or she's giving you the worst case scenario. My girlfriends told me that a great deal of these things that Vicki said are more psychological than physical. If you expect it to bad, it will. That kind of mentality. I guess my final comment on the book is that it didn't seem to have quite as much information in it as the first one did. I really only found one area of it helpful, weird things that baby does or has happen that are normal. What I would say to any who decide to buy this book. Please don't treat it like the bible of the first year. Every first year is different for everyone. That is one thing Vicki does stress to her readers. Your recovery will probably be different than the recovery of every woman you know. Just keep that in mind.

One of those great books you read that causes you to ROFLMAO, you laugh so hard tears run down your leg!! Great read for the 1st time or 4th time Mom.

If you shook with mirth while reading "Girlfriend's Guide to Pregnancy," you'll get a few similar chortles from this book -- but the fact remains, as other reviewers have noted, that Vicki is not quite as on top of her game in this, her sophomore effort. Also, it's not exactly funny (or refreshing) to read about bone crunching exhaustion when you're bone-crunchingly exhausted. The truly funny bits (and they're in there, though there are fewer of them) can get lost amid the reminders of how hard it is to have an infant around. Assuming you have the time and energy, I think it's a fine read if your baby is still small (I read it when mine was 3-4 weeks) -- just go in with lower expectations and remember that your own sleep deprivation and hormones may impact your enjoyment of it.

Awesome book!

I thought this was an okay read. I expected it to provide more insights, but instead I found it to be a mediocre combination of "what to expect" and "belly laughs". If you're looking for a useful and entertaining read, skip this one, I know there are better choices out there. That said, it will give you a chuckle here and there and some good nuggets of information.

This is a great book for first time mothers or just for mothers in general. It kept me laughing till the end.

Perfect for first time moms!

Delightful read. This was my favorite book to read while pregnant. It covers all types of births and what to expect.

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