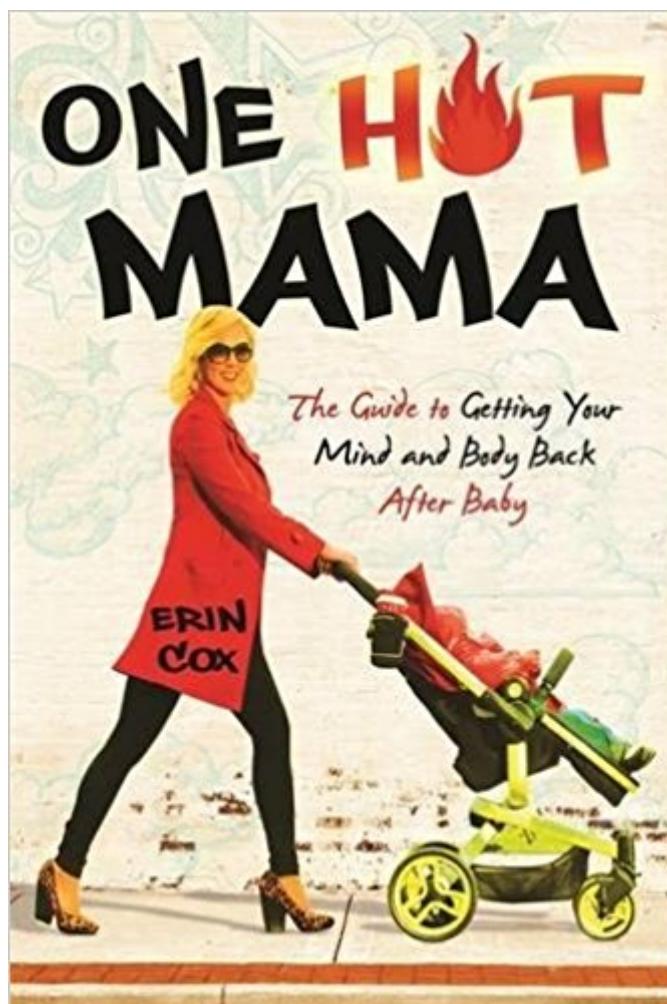


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# One Hot Mama: The Guide To Getting Your Mind And Body Back After Baby



## Synopsis

After giving birth, even the most confident, fit, and spiritually centered women can feel depressed, overwhelmed by the responsibilities of motherhood, and disheartened by their plump postpartum bodies. Erin Cox knows exactly how they feel. She wrote *One Hot Mama* as a comprehensive guide to support, nurture, and steer women through a fun and completely doable process to lose unwanted pregnancy pounds and create an exceptional life. Erin understands that weight loss is an emotional process, and new mothers need to feel empowered and supported to make healthy lifestyle changes. New moms don't have the time or energy to count calories, but rather need guidelines and easy-to-implement suggestions on how to improve their diet and exercise routines. Using a realistic approach that has proven to be effective, mothers will be encouraged to make positive life changes that will encourage weight loss, positive thinking, and self-love. Women who read this book will not only feel empowered and invigorated to get their bodies back in shape, but the positive changes will impact every single aspect of life—allowing them to live a joyous and fulfilled life as a woman and mother, even emerging happier and healthier than before getting pregnant! Â

## Book Information

Paperback: 328 pages

Publisher: Hay House (November 27, 2012)

Language: English

ISBN-10: 1401939627

ISBN-13: 978-1401939625

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 22 customer reviews

Best Sellers Rank: #1,003,871 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #2396 in Books > Health, Fitness & Dieting > Women's Health > General #3701 in Books > Self-Help > Self-Esteem

## Customer Reviews

“*One Hot Mama* is chock-full of practical, uplifting ways to make the days and months after having a baby both pleasurable and healthy. I highly recommend this book.”  
Christiane Northrup, M.D., author of the New York Times bestsellers *Women’s Bodies, Women’s Wisdom* and *The Wisdom of Menopause* “If you’re a new mom,

I highly recommend One Hot Mama. Erin Cox understands the challenges, frustrations, and hurdles women face in trying to regain themselves after childbirth. I wish I had this book years ago when I had my own children! • Caroline Sutherland, best-selling author of *The Body Knows . . . How to Stay Young* • “One Hot Mama is one hot, sanity-saving commodity for all moms of new babies everywhere! With grace, humor, and been-there-compassion, Erin Cox takes readers through the steps to renew and invigorate their bodies, minds, and spirits after the life-altering milestones of pregnancy and delivery. Never has a post-pregnancy book been so thorough in addressing the genuine concerns and vulnerabilities of a woman during this precious time in her life. Erin’s insights and encouragement will skyrocket the spirits of first-time moms and seasoned pros alike, making them feel truly seen, understood, and appreciated. I’ll be gifting this one to every pregnant woman I love! • Lisa McCourt, Joy Trainer and best-selling author of *Juicy Joy: 7 Simple Steps to Your Glorious, Gutsy Self*

Erin Cox is a self-help author, life coach, and mother of three who advises mothers on how to live more balanced, joyful, and healthy lives. She has become an expert in leading a balanced, healthy, fulfilled life as a mother through her personal experiences since delivering her first child nearly six years ago. As the wife of an Air Force F-15 pilot, Erin has moved four times since her wedding ten years ago, and as a result she has bonded with and learned from mothers all over the world. Her mission is to love, nurture, and support moms so they can love themselves, live their best lives, and better care for their families.

When I first ordered this book it was right when my first son was only weeks old so needless to say when it arrived, it went into a drawer very quickly - solely due to the fact it's over an inch thick. HA! At some point I did pick it up again but not too many times. It's a little too wordy for me. I'm certain this book could be helpful for other mothers looking for some nutrition & exercise guidance but it just wasn't for me. I think moms today are looking for inspiration & support but it's gotta be more condensed and quick for it to work in our busy schedules. Erin has done some great work though in inspiring women so don't discount her ... be sure to check out her website for more!

This is the first book that has motivated me to write a review on . One Hot Mama is truly inspirational and the only book available for mom's that is complete in every aspect - helping moms achieve their physical, mental, emotional, spiritual, creative, intellectual best. I got the book early this year (and even though I am not doing the 12 week program as recommended in the book), it is my go-to, feel

good, and motivational book. Every time I read a chapter or paragraph from the book, I feel so wired, excited and know that even though most of my day goes in being a mom (which I adore), I still am "me" and have to nourish what matters to me. It encourages me not to lose my identity in being just a mom, but shows me a way to live my life to my best potential, thus being a great mom. I love the book so much that I plan to gift it to all my friends who are new mommy's. Highly recommended for every mom. Thank you Erin Cox.

Wonderful for new moms! - my daughter in law loves it! Good practical tips for getting back in shape and feeling good about yourself after a new baby.

I ordered this book online- Who can resist the title and book cover? Wonderful! I was surprised how thick the book was when I received it in the mail. The book is full of useful information from a mom who is living out her own advice. Moms can follow her own journey post baby on her website as she writes and v-blogs about applying the book to her life. The book was written in a kind, loving and humorous manner- which makes it a book you just do not want to put down. I had my babies years ago and I still really enjoy reading the book. If you are looking for some excellent advice and encouragement from a wise woman, get or give this book! I will certainly recommend it to my clients. Sandi McClanahan[...]

One Hot Mama is honest and beautifully written. Cox writes from the heart about issues that matter most to her and other Hot Mama's trying to adjust to the out of body (and mind) experience that is motherhood! The book hits home for mommy's-to-be, mommy's who are, and mommy's who have been. Cox reminds us to hold on to those special things that make us the unique and fabulous women we are before becoming a mother, and embrace the changes (good, bad, and sometimes ugly) that come with the greatest joy on earth- motherhood!

ONE HOT MAMA is a phenomenal book that truly hits home for all new moms, but also for the ones who need some insight even after their kids have grown!!! Erin is truly from the heart and has written an incredibly entertaining, inspiring and insightful work of art!!!! I recommend this book to everyone who has experienced motherhood or who plans to!! I LOVE this book and I LOVE Cox!!! She is ONE HOT MAMA and ONE BEAUTIFUL SOUL!!!!With Love and Honor,Nancy Penttila and Luc Lemire

I think she delves a bit too much into spirituality, and that's not what I was looking for at all. The

exercise and nutrition info is helpful, so that part isn't a waste. All in all, I don't regret buying it.

If anyone knows motherhood it is Erin Cox! She has put together the best of her experience in life as a mother and with her giving heart of gold, has given us moms tips and support to harness our inner well of health and guidance! By creating a healthy environment , mind and body, we will blossom as mothers and as women! Please give yourself the gift of this book today!! As Western NC's #1 therapist, I highly recommend it!

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