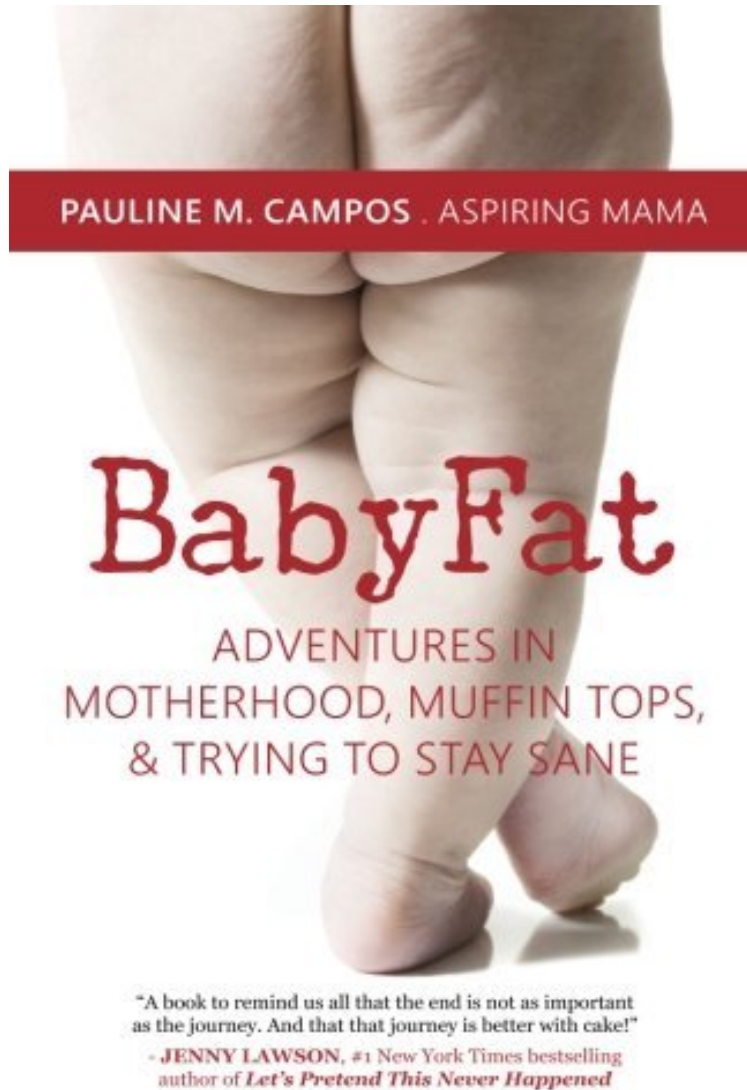


[Ebook free] BabyFat: Adventures in Motherhood, Muffin Tops, Trying to Stay Sane

BabyFat: Adventures in Motherhood, Muffin Tops, Trying to Stay Sane

Pauline M. Campos

ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



READ ONLINE

#3564600 in Books 2015-09-18Original language:English 8.50 x .48 x 5.50l, .55 #File Name:
1533453616190 pages | File size: 65.Mb

Pauline M. Campos : BabyFat: Adventures in Motherhood, Muffin Tops, Trying to Stay Sane before purchasing it in order to gage whether or not it would be worth my time, and all praised BabyFat: Adventures in Motherhood, Muffin Tops, Trying to Stay Sane:

1 of 1 people found the following review helpful. Must read!By Crystal M/Crystal's Cozy Corner BlogI was told about

this book and when I saw the teasers, I was hooked. I jumped right on over to and one clicked this baby. I am soo glad I did. Aside from losing sleep because I couldn't stop reading it. Seriously, I was up til 3:50 am... The book is funny, serious, snarky, and uplifting at the same time. You see, I totally see myself in Pauline. It's funny, she was talking about people she could totally be friends with and while reading, I kept thinking about how I could totally be friends with her!! Most of have been in or like me, still are in this position. We want to be smaller, tighter, and we want it all now. I have been on the diet roller coaster for most of my life. I want to be smaller and I want it now. Weight Watchers, TOPS, Atkins, South Beach, Cabbage Soup, Low Carb, No Carb... Yup been there and done that. This book takes you through one woman's struggle. We rejoice in her triumphs and commiserate in her setbacks. We laugh and cry and want to join her in a pint of Ben and Jerry's. I would so recommend this book to any woman that has struggled with weight loss. Definitely 5 stars for me and I wish I could give it more. Thank you for writing such a moving memoir. 1 of 1 people found the following review helpful. A Journey of Self Discovery By Jenna Z. This book is for every woman who has ever thought twice about her weight, whether she is overweight, underweight or in between. Debunking the idea of dieting with irreverence and humor, Pauline Campos takes us day by day into a journey of obsession, intention, guilt, love and family drama -- all liberally sprinkled with humor and wry, finely-tuned writing. Baby Fat teaches us that we are not meant to be perfect when it comes to how we eat and exercise -- and how enjoying a Zumba class is more important than the number of pounds we may lose (or not lose) after taking it. If you are not trying to lose weight, you will still enjoy this book. But if you are, you'll also learn that the point of your life is not the size of your waist or legs or upper arms. It is the journey you are taking to discover who you are and what matters to you. What you put in your mouth comes second to the words that come out of it. 0 of 0 people found the following review helpful. 'My Journey to the Pudge and Back.' By Debbie S For everyone who has told themselves that if no-one sees you eat it, it doesn't count, or that 10 small slices is the same as one medium slice - this book is for us! Yes, it is just baby-fat, until it's not, and Pauline Campos has read our journals and our thoughts and has detailed her journey as a new mother who can't quite fit into her jeans or her old life. Appealing, funny, sad, wise, vulnerable, realistic and human, this is a must-read for the new mothers who do not 'ping' back into shape- and that is everyone except Victoria Beckham, Eva Mendes and Kate Middleton. I wish I had read this years ago!

It's a memoir. Please don't call it a mom-oir. That sh*t's just patronizing. This is the book that wrote itself in Pauline M. Campos' head when she realized that her baby had become a toddler and the expiration date on her socially acceptable baby weight had worn out. The Latina Magazine #Dimelo advice columnist and Aspiring Mama blogger gave herself a one-year-or-bust deadline, then embarked on the search to find the mama lost in the muffin top with the requisite weight loss plans, attempted (and failed) exercise programs, and a singular focus on the scale and not wanting to toss it out the window. BabyFat is more than Pauline's story. It's the story for every woman who finds fault with her body after motherhood, and for every woman who needs a snarky, honest, and relatable reminder that the secret to happiness and self-acceptance has little to do with whether the scale is tipping the right way and everything to with how she sees herself.

About the Author Pauline Campos is a writer, blogger, photographer, artist, public speaker, and body image/mental health activist who generally gets stabby when she runs out of reasons to bitch. This probably explains why she's trying to raise her daughter to be a Chingona on purpose. She's a self-described, life-long recovering bulimic and is certain ADHD is her superpower. Her Spanish sucks but she rolls the R when she says the word "three", and she wonders why no one else chews their ice cream. Pauline lives in Maine with The Husband, their daughter, and three rescue dogs. Oh, and typos are her Kryptonite. Find her at [aspiringmama](#).