



Yeah Baby!: The Modern Mama's Guide to Mastering Pregnancy, Having a Healthy Baby, and Bouncing Back Better Than Ever

Jillian Michaels

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Celebrity fitness coach Jillian Michaels is known for her no-nonsense coaching style and getting results no matter what. But Jillian is much more than just a toned and tough trainer; she's also a proud mother of two. In 2012, Jillian and her partner Heidi became parents for the first time. Like most expecting moms, they consulted a doctor whom they trusted for complete and current health advice. But for Jillian, becoming a mother meant intensive research to ensure optimum health for her family. She was outraged to discover that many physicians withhold or conceal important health information from expectant parents. Now with two little ones, Jillian has compiled a groundbreaking 15-month course of action for a clean and happy pregnancy from pre-pregnancy to after birth.

Unlike other baby books, Jillian gives it to you straight, no frills. Her hilarious yet commanding voice carries through for an insightful, entertaining read. You will learn to spot the dangerous hidden toxins in your food and homes that are damaging to you and your babies. The recipes, exercises, and household tips will help you ease through each trimester feeling your best.

Yeah Baby! is the must-have book for all mothers to achieve a healthy, happy pregnancy.

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