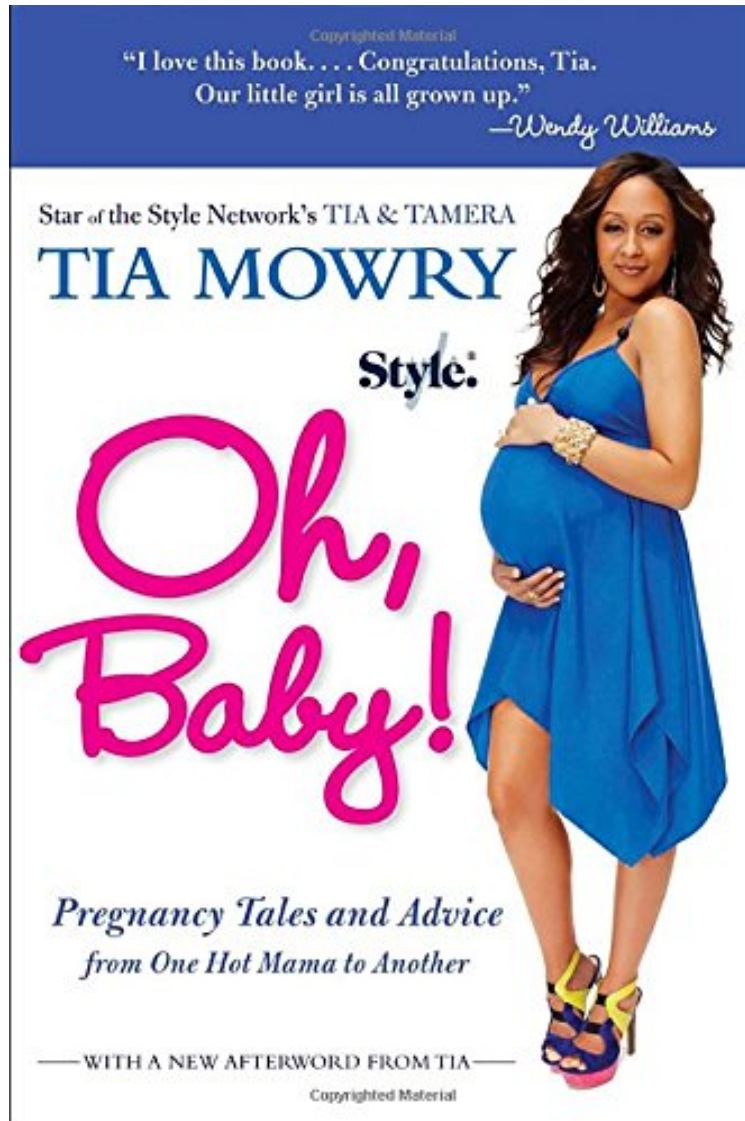


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Oh, Baby!: Pregnancy Tales and Advice from One Hot Mama to Another

Tia Mowry

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Tia Mowry : Oh, Baby!: Pregnancy Tales and Advice from One Hot Mama to Another before purchasing it in order to gage whether or not it would be worth my time, and all praised Oh, Baby!: Pregnancy Tales and Advice from One Hot Mama to Another:

0 of 0 people found the following review helpful. Great Read for Pregnant Women By E. Gordon Great book. I love the twins and their realness. I really enjoyed this book and I read it in two days. Hey what else is a pregnant woman to do

when she is tired and wants to lay around and enjoy the peace before having her little one. I loved how Tia was candid and open about her pregnancy. As a reader some of her advice prepared me for what is to come and then some of her stories I would laugh and agree with. One of the best non-preachy pregnancy books out there. I especially love that it is really a relate-able book.0 of 0 people found the following review helpful. Great book. I would definitely recommend for any pregnant ...By NatashaGreat book. I would definitely recommend for any pregnant women. It was nice to hear her pregnancy journey and compare it to mines.20 of 21 people found the following review helpful. Finally, a preppers book with black women in mind!By DeeRobI am 4.5 months pregnant and it's the first book for expectant moms that I read and enjoyed cover to cover. It's great for all pregnant/new moms, but as a 30-something black woman reading a book by a 30-something black woman , I must say it's particularly refreshing. Get the book if you want to get an honest, balanced perspective on the joys, surprises, and challenges of a mommy-to-be. Loved it!

Prime-time star and new mom Tia Mowry delivers a frank and hilarious modern pregnancy guideA generation of women grew up watching Tia Mowry on Sister, Sister. Like a best friend Tia always told it like it was with hilarity and compassion. Now, in a pregnancy guide like no other, she leaves no topic off-limits while helping expectant moms stay empowered, pampered, and laughing out loud.Sharing personal experience with cravings (she couldn't have done it without sourdough bread and Funyuns); maternity clothes (Tia prefers black, with sequins); vagina exercises (just say No!); and hiding your bump from your coworkers (tricky for Tia, since her character on The Game was in lingerie half the time), Tia also discusses Ask the OB QA's she posed to her own ob-gyn, along with dozens of tried-and-true tips for combating morning sickness, fear, and everything else that might overshadow a radiant glow.

"I love this book. The chapter on Tia constantly taking pregnancy tests-- that was me. I wanted it really badly. Congratulations, Tia. Our little girl is all grown up." — Wendy Williams
"As fans of Tia and Tamera know, Tia's pregnancy was uh, memorable.... She relives some of her greatest moments in her refreshingly candid new book. Here, as in the show, Tia is the queen of Too Much Information. (Isn't that what we love about her?) ... Your favorite mom-to-be will thank you for this one." — Essence
"A fresh take on being a new mom... light and breezy, yet informative." — Ebony
About the Author
Tia Mowry is known for her roles in the hit television series, Sister, Sister and BET's The Game. She currently stars in Style Network's reality series Tia Tamera. The recipient of two NAACP Image Awards, she lives in Los Angeles with her husband, actor Cory Hardict and their son, Cree Taylor Hardict.