

Thalia Radiante



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Latina superstar Thalia is back with Radiante! , a gorgeous guide for women seeking a fit and fabulous pregnancy. Having just enjoyed the same herself, Thalia is the perfect woman to advise and inspire, sharing nutrition advice, fitness tips, fashion dos and don'ts, and so much more. She's broken the book down into trimesters (including the

little acknowledged but very real "fourth" trimester). Each section addresses a woman's state of mind, body, and spirit. Thalia and her personal ob-gyn, Dr. Kramer, advise first time moms on the importance of prenatal care, what tests will be offered when, and how best to cope with any attendant anxieties. With its sound advice and Thalia's bright personality stamped on every page, Radiante! is a go-to resource for moms-to-be.

作者介绍:

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