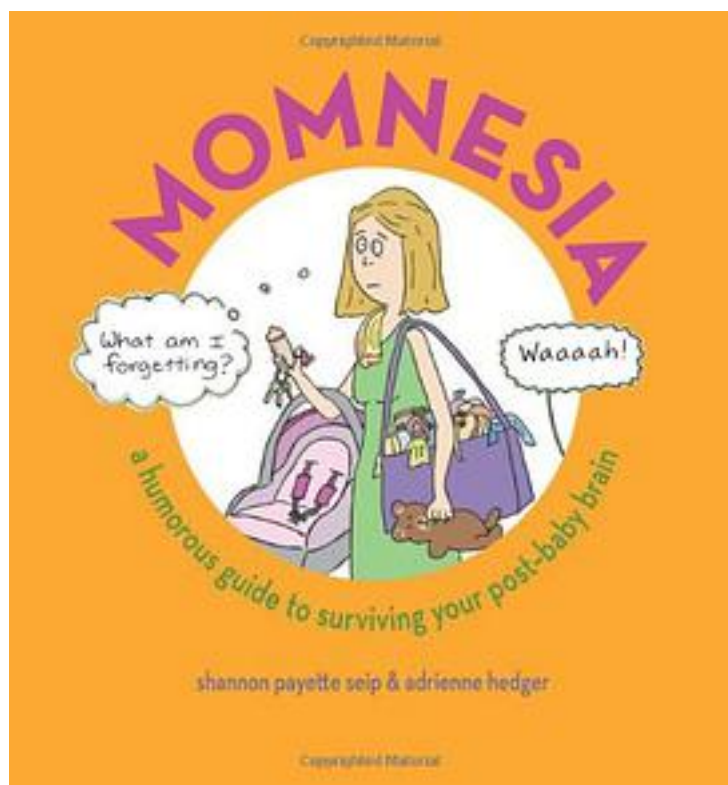


# Momnesia



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Lack of sleep, hormone overload, and a tiny human being that requires constant attention--it all conspires to extinguish a new mom's brain. What rises in its place is a brain that's fuzzy, and focused only on the basics: food, poop, and sleep. That, my friend, is a case of momnesia. This hilarious how-to guide, full of coping tips, brain boosters, diagrams, and anecdotes, can help moms reclaim their brains. More important, "Momnesia" also maintains a mom's sense of humor as she leaves her car keys in the freezer, forgets her husband's name, or accidentally runs over the diaper

bag (again). "Momnesia" is a sweet and funny gift that's perfect for celebrating baby showers and congratulating new moms.\* "Momnesia" is packed with small bits of baby-themed humor, tips, quizzes, cartoons, lists, and more that empathize with the ups and downs of motherhood.\* It's a great companion book to the authors' work about breastfeeding, cleverly titled "If These Boobs Could Talk."\* It's a fact: momnesia happens. In early 2008, CNN reported a study that found 82 percent of women claimed some type of absentmindedness during pregnancy and shortly after giving birth, including memory loss and an inability to concentrate.

作者介绍:

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