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Edited by Emily Lapkin
with Liz Neporent, M.A. and Lynn Grieger, RD, CDE

Six Weeks To Losing It For Good An Ivillage Solutions Ivillage Solutions

Lauren Gardner



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The Frugal Woman's Guide to a Rich Life Thomas Nelson,2003-10-13 The Frugal Woman is not cheap She s a cost conscious savvy consumer who avoids wasting her time her money and her energy on things she does not need She s organized about her money management spending and household planning She makes decisions based on her own needs and values She s in control of her life The Frugal Woman dresses her kids in brand name clothes gets her hair done in salons buys antique furniture eats gourmet meals gives gifts that wow her friends and family and all the while socks money away in her savings and retirement account living free of credit card debt and feeling secure about tomorrow while enjoying today The Frugal Woman s Guide to a Rich Life tells how to be just such a Frugal Woman how to make the best use of what you already have how to identify what you really need in your life and what you don t how to get the necessities and even a few luxuries for less and how to cut down on your and the earth s wasted resources *Best Advice on Life After Baby Arrives* Nancy Evans,2002-11-29 Best Advice on Life after Baby Arrives presents tried and true practical tips for moms from moms Addressing a mother s needs and issues from how to deal with the inevitable exhaustion to reconnecting romantically with her husband to carving out time for herself this book provides comfort reassurance and inspiration to women facing the demanding first months after the baby arrives I ended up having panic attacks right after I had my first baby because I didn t see a light at the end of the tunnel Well here I am with four kids now and I can tell you it does get better What you re going through isn t what things will always be like Don t let anyone especially yourself make you feel guilty for doing something for yourself Get up 30 minutes earlier than everyone else and make it clear to everyone in the house that this is your time As long as your baby has food in her belly clothes on her back and is not overly wet then that time is yours You don t need to get in the habit of holding the baby all the time Babies also need to learn to become independent they need to know that someone doesn t need to hold them all the time *Rowing News* ,2001-11-29 **Quiz Therapy** Thomas Nelson,2003-04-07 Are you in love with a leech What did last night s dream really mean Will you be rich Are you sexy For years quizzes appearing online and in magazines have fascinated and captured the attention of women of all ages People send online quizzes to their friends and compare scores Couples and girlfriends take them together to better understand each other Quiz Therapy The iVillage Big Book of Quizzes will feature more than 65 quizzes in categories such as Personality Love Dating Couples Weddings Home and Beauty Each quiz is 2 to 3 pages and allows readers to tally their points and match their score against the point ranges for the result groupings *Marketing Health Services* ,2001 *Journal of the American Dietetic Association* ,2001 *Working Mother* ,2003-10 The magazine that helps career moms balance their personal and professional lives *The Publishers Weekly* ,2003 **Good Housekeeping** ,2004 **Forthcoming Books** Rose Arny,2003

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