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Faith Hill

What makes her feel beautiful—and the one insecurity she'll never get over

Ready for a slimmer, happier you?

Try these sneaky health secrets p.156

10 reasons the bad economy is good for you



THE MANY FACES OF FAITH
INSIDE!

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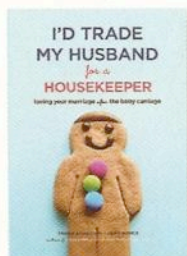
Must-read mom wisdom
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The best parenting advice ever

When it comes to celebrating the crazy, blissful, and hilarious experience of motherhood, nothing beats the wit and wisdom of another mom. Check out these nine brand-new, mom-written parenting guides for smart tips, belly laughs, and reassurance that you're exactly the mom you should be.

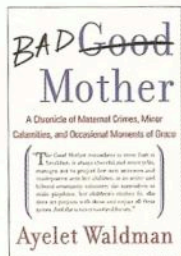


1

Your marriage matters too!

● In *I'd Trade My Husband for a Housekeeper*, Trisha Ashworth and Amy Nobile turn their sharp-eyed attention to sex, communication, and together time—all the things that can take a nosedive after the baby arrives—and offer ideas for getting your couple groove back.

"Prioritizing children is important, sure. But children aren't the only thing in life. (Read that sentence again if you must: *Kids are not the only thing in life.*) Many of us have gotten to the point where we feel like bad moms if we don't put our children front and center, always.... Think about it this way: The backbone of a family is a good, healthy relationship between the parents."

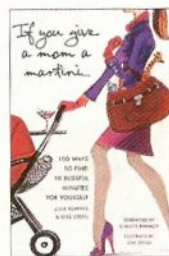


2

You will make mistakes.

● Ayelet Waldman's *Bad Mother* explores how it feels to be a parent in a world where your every maternal move is judged. Here, she wonders how her sexual past will affect her kids' expectations.

"I want [my kids] to understand how important sex is, but also how unimportant it is. It's a part of life, a delightful part of being a grown-up. But having it or not shouldn't define you.... This is another one of those tightrope walks that make up so much of parenting. One misstep in either direction and you're bouncing in the net (or lying on the ground in a crumpled heap... depending on how bad you've blown it)."

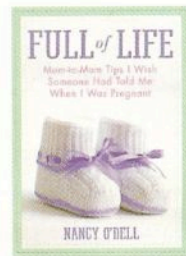


3

Me time makes you a better mom.

● Every mom knows that finding a few minutes for yourself is the most important ingredient for keeping sane. Julie Klappas and Lyss Stern's *If You Give a Mom a Martini* offers up 100 ways to make the most of 10 precious minutes of privacy. This was one of our favorites:

"Visit the car wash, order 'the works,' and experience instant gratification.... [W]here else can you hand over something utterly gross and, 10 minutes later, see it sparkle like new? Although it usually doesn't last long, it's well worth it. Your vehicle will be restored to its former beauty. Your life will feel in order. And you'll be at least 36 cents richer in loose change."



4

Pregnancy will change your body—for better and for worse.

● In her sweet and personal *Full of Life*, Nancy O'Dell, cohost of TV's *Access Hollywood*, gives the inside scoop about interviewing celebrities while trying to hide her growing belly. Here, she riffs on her changing body:

"For the first time in my life, I had huge knockers.... Time to have a little fun...right? Wrong! Tender doesn't even begin to describe [it].... If my husband so much as brushed past them, they'd hurt. One time Keith completely forgot and gave them a good old squeeze. I jumped so high, you would've thought I'd been mugged."

