



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

*Tia Mowry*

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**From the bloating to the belching to the *Baby Story* marathons that might just drive you crazy, prime-time star and new mom Tia Mowry delivers the lowdown in a frank, hilarious guide to modern pregnancy.**

Tia Mowry's 800,000+ Twitter followers know that she tells it like it is. Now, in a pregnancy guide like no other, Tia leaves no topic off-limits while helping expectant moms stay empowered, pampered, and laughing out loud. From sex during the third trimester to pimped-out strollers, *Oh, Baby!* reveals what to really expect on that nine-month road to the delivery room.

Sharing her personal experience with cravings (she couldn't have done it without sourdough bread and Funyuns); maternity clothes (Tia prefers black, with sequins); panty liners (memorize that aisle at the drugstore); 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), the maternity maven also discusses Ask the OB Q&A'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.

From the time she started showing to the moment she welcomed her new baby boy, Cree Taylor, into the world, Tia was in the spotlight, from Access Hollywood to every glossy magazine and countless online sites. Yet she stayed down-to-earth throughout it all. Keeping it real, *Oh, Baby!* helps every mommy-to-be stay stylish, maintain her dignity, and trust her gut (no matter how big it gets).

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