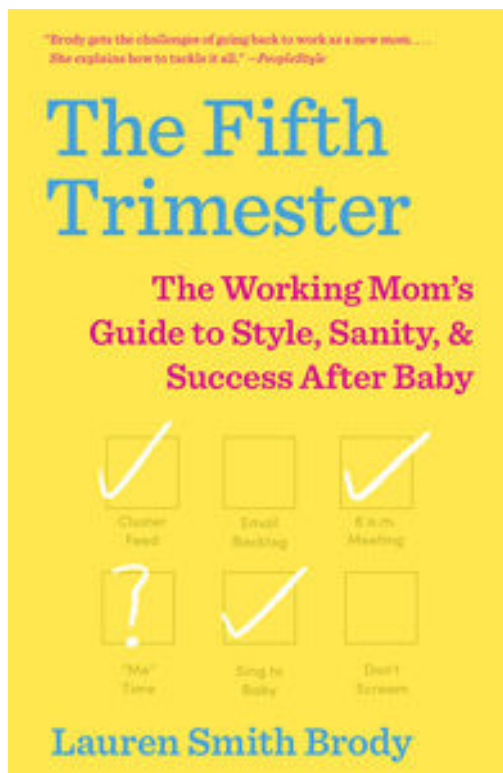


The Fifth Trimester - Lauren Smith Brody

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The Fifth Trimester Lauren Smith Brody Read ebooks [EN] PDF, ePub, Mobi, The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, *The Fifth Trimester* is packed with honest, funny, and comforting advice from 800 moms, including:

- The boss-approved way to ask for flextime (and more money!)
- How to know if it's more than "just the baby blues"
- How to pump breastmilk on an airplane (or, if you must, in a bathroom)
- What military science knows about working through sleep deprivation
- Your new sixty-second get-out-of-the-house beauty routine
- How to turn your commute into a mini-therapy session
- Your daycare tour or nanny interview, totally decoded

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