



# Life After Baby: Rediscovering and Reclaiming Your Healthy Pizzazz

*Victoria Dolby Toews*

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**Life After Baby: Rediscovering and Reclaiming Your Healthy Pizzazz** Victoria Dolby Toews  
'Life After Baby' brings a welcome measure of honesty and sanity to the discussion of how women can rediscover and reclaim their health, their verve, and their joie de vivre after a newborn joins their family.

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