



# Full of Life: Mom-to-Mom Tips I Wish Someone Had Told Me When I Was Pregnant

*Nancy O'Dell*

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**Nancy O'Dell, host of *Access Hollywood*, offers straightforward mom-to-mom tips and kernels of wisdom from the minute you decide to have a baby until you bring your little one home.**

When Nancy O'Dell was pregnant she found herself saying often, *Why didn't y'all tell me that was gonna happen!* Nancy's friends didn't think to warn her about half of the things that happened to them during pregnancy -- like how those red dots might appear on her chest in the third trimester or how her calves (not just her feet) would swell too much for those cute new boots.

Now that her own little bundle has arrived, Nancy shares candid observations and motherly advice that will help other expectant mothers prepare for all those spontaneous itches, emotions, skin changes, and cramps that can be quite terrifying and downright embarrassing if you don't know ahead of time that they might occur. She even shares her mother's delicious spice cake recipe with prunes, for those constipated days. (Hey, even in Hollywood pregnancy isn't always glamorous.) So don't panic if you forget the word for toothpaste or if your boobs leak *before* you give birth -- these nine (well, ten!) months of your life will be full of crazy and often hilarious moments.

With warmth and humor, Nancy talks openly about her experiences in each stage of expectant motherhood, from pre-conception through delivery, and even the intimidating but joyful first week at home with her new baby. A sweet celebration of pregnancy and new motherhood -- the good, the bad, and the just plain unexpected -- *Full of Life* is the perfect companion for every mom-to-be who needs a little reassurance from someone who's been there as to exactly what might happen next!

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