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## Baby Bod: Turn Flab to Fab in 12 Weeks Flat! S.O.S. Product Review



By: [S.O.S. Product Reviewer](#),  
6-23-15  
Filed Under: [Baby](#), [Moms](#), [Prenatal](#),  
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Review by [Sandy Chiang](#)

[Baby Bod: Turn Flab to Fab in 12 Weeks Flat!](#) is touted as “A groundbreaking self-care program for pregnant and postpartum women, no matter how long it has been since you had your baby,” and “... the first DIY program to bridge the gap between medical care and the special fitness needs of women like you.”

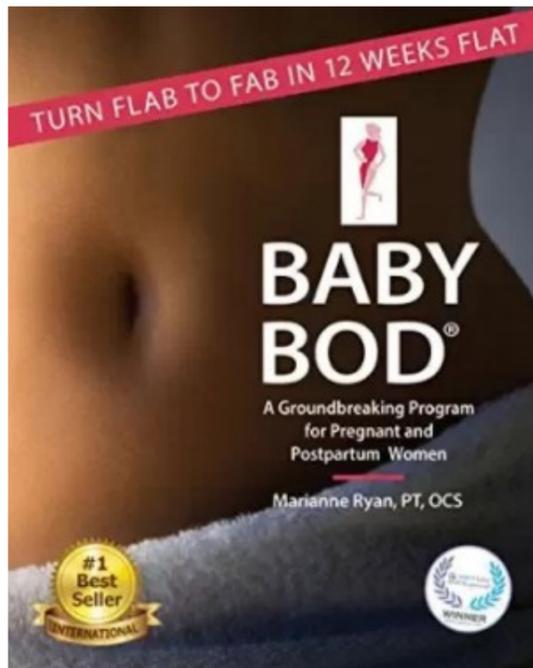
The author, [Marianne Ryan](#), PT, OCS, is a Women’s Heath Physical Therapist, “who is passionate about helping women get back in shape after childbirth.” As a mother of two, Ms. Ryan is dedicated to “helping women prepare for childbirth and reclaim their bodies afterwards.”

Here is what one Mommybites mom had to say about how much she enjoyed this book:

I really loved this book for a variety of reasons. I actually wish that I’d known about it earlier, with my first child. Not only did it help me understand my body a lot better than before, but I was also surprised at how quick a read it was!

*Baby Bod* explains everything in plain English, with easy-to-understand terms. It covers both your pregnancy and postpartum period, and even has different chapters for moms who have had natural births and for those who have had C-sections.

I feel lucky that I read the book now because I’m breastfeeding, my back has been aching, and I wanted to start working out again. *Baby Bod* provides a self-test for you to determine if your body is ready for exercise. I learned that you’re not supposed to over-work your body while you’re breastfeeding, as it can cause injuries. The book helped to



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guide me on what I should and shouldn't do at my current postpartum stage.

Although I may not be ready for some exercises yet, there still some great ones included that can help me work on losing that unwanted baby fat.

I would definitely recommend this book to all moms-to-be and those who are already a mom.

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**Marianne Ryan PT**

says:

6-23-15 at 7:56 am

Thank you for the great review of my book!

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